

# Until When May You Eat without a New Fore-Blessing

You may continue eating without saying a new fore-blessing--without a time limit--as long as you are not involved in some other activity that distracts you from eating (*hesech da'at*).

## Example

**SITUATION** You are eating and take a break to do work for your business or read a magazine article that involves your concentration.

**WHAT TO DO** You may not continue eating unless you say a new fore-blessing.

**NOTE** This is true whether you became full at any time or not.