Al HaMichya: Or Birkat HaMazon

Say *birkat ha'mazon* instead of *al ha'michya* if you ate enough bread-like foods (*mezonot)* or bread-like food combinations (such as crackers with tuna salad) to be the volume of your normal biggest meal of the day. This is true even if:

- You had not planned to have a meal (for example, you planned to eat only one slice of pizza but then ate two more), and
- Did not wash your hands before the meal.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com