## **Borei Nefashot: Minimum Requirements**

## Say borei nefashot after:

- Eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of non-mezonot food or non-special fruits within four minutes, OR
- Drinking at least 3.3 fl. oz. (99 ml) of non-grape juice drinks or wine within 30 seconds.

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