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.

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