Eating Enough Bread To Say Birkat HaMazon

Say <u>birkat ha'mazon</u> if you ate a "meal" as defined by <u>halacha</u>—that is, if you ate at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread made of the *Five Grains* within four minutes.

NOTE If you didn't eat the minimal amounts within four minutes, don't say <u>birkat ha'mazon</u> (even if you washed and said <u>ha'motzi</u>).

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