After-Blessings (Bracha Achrona): Satiation Status: Hunger Situations

SITUATION You were hungry.
You ate and were satiated.
You are not yet hungry again.

WHAT TO DO You may say *bracha achrona* without any time limit, until you get hungry again

SITUATION You were hungry.
You ate but were not satiated.
You are still hungry.

WHAT TO DO You may say *bracha achrona* for up to 72 minutes after having stopped eating.

SITUATION You were not hungry, but you ate.

WHAT TO DO

- If you ate enough that you became satiated and now you are hungry again:

  You can say after-blessing for up to 72 minutes after you finished eating.

- If you ate enough to be satiated and are not yet hungry again:
  You may say an after-blessing for up to 72 minutes OR until you are hungry again, whichever comes later.
- If you ate but did not become satiated and are still hungry:
  You can say after-blessing for 72 minutes after you finished eating.

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