

BIRKAT HAMAZON: HOW MUCH FOOD

Eating Enough Bread To Say Birkat HaMazon

Say birkat ha'mazon if you ate a “meal” as defined by halacha—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 birkat ha'mazon (even if you washed and said ha'motzi).

Eating Enough Mezonot To Say Birkat HaMazon

Say birkat ha'mazon after eating mezonot if it constituted a meal—that is, if you ate:

- The amount a person would eat for his/her dinner meal, OR
- Mezonot in addition to other foods that are normally eaten with bread in a quantity sufficient to be a normal dinner meal.

NOTE In either case, you must eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of mezonot made of the Five Grains within four minutes.

Birkat HaMazon: If You Planned To Eat Minimum Amount of Bread and Did

Regardless of how much bread you plan to eat, if you eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes, say birkat ha'mazon.

Birkat HaMazon: If You Planned To Eat Minimum Amount of Bread and Did Not

If you planned to, but did not, eat a full meal:

- Do not say al ha'michya if you did not eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of foods baked from the Five Grains within four minutes--even if you had washed your hands and said ha'motzi.
- Do say the appropriate bracha achrona for any other foods of which you ate the minimum (1.3 fl. oz.--39 ml, or 1/6 cup) quantity within four minutes, even though you did not say an individual bracha rishona (since you were planning to