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*).

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