

# 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