After-Blessings (Bracha Achrona): Satiation Status: General Rules

After eating or drinking the required amounts, you may say *bracha achrona* (including *birkat ha'mazon*) as long as:

- You are still satiated after having been hungry and eaten, OR
- You were not satiated after eating and it is less than 72 minutes since you finished eating.

REASON We say the effects of food last for at least 72 minutes and that 72-minute period overrides becoming hungry again even after having been satiated.

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