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 <i>bracha achrona</i> 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.

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