Yom Kippur: Birkat HaMazon If You Must Eat Bread

If you must eat a meal including at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread on *Yom Kippur*, say *birkat ha'mazon* afterward. Add *ya'aleh v'yavo* (and if *Yom Kippur* coincides with *Shabbat*, also add *retzei*).

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