

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 bracha achrona 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.