



GUIDE TO BLESSINGS

Comprehensive list of blessings/brachos on food. Includes first and after blessings.

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For a complete listing of cereals and their Brachos / blessing please [click here](#)

Please consult the [OU's guidelines](#) for checking fruits and vegetables.


FOOD

BRACHA RISHONA

BRACHA ACHRONA

() COMMENTS


FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Beverages			
Alcoholic Beverages (except grape wine)	Shehakol	Borei Nefashot	
Ale	Shehakol	Borei Nefashot	
Apple Juice/Cider	Shehakol	Borei Nefashot	
Beer	Shehakol	Borei Nefashot	
Blackberry Brandy	Shehakol	Borei Nefashot	
Bourbon	Shehakol	Borei Nefashot	
Brandy	Shehakol	Borei Nefashot	Even though it is made from wine, since it is distilled, it becomes Shehakol.
Buttermilk	Shehakol	Borei Nefashot	
Carbonated Soda	Shehakol	Borei Nefashot	
Carbonated Water	Shehakol	Borei Nefashot	
Champagne	Hagafen	Al Hagefen	
Chocolate Milk	Shehakol	Borei Nefashot	
Cider	Shehakol	Borei Nefashot	
Cocktail	Shehakol	Borei Nefashot	
Cocoa	Shehakol	Borei Nefashot	
Coffee	Shehakol	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	 COMMENTS
Cognac	Shehakol	Borei Nefashot	Even though it is made from wine, since it is distilled, it becomes Shehakol.
Cola	Shehakol	Borei Nefashot	
Cranberry Juice	Shehakol	Borei Nefashot	
Ginger Ale	Shehakol	Borei Nefashot	
Grape Juice	Hagafen	Al Hagefen	
Grape Wine	Hagafen	Al Hagefen	
Grapefruit Juice	Shehakol	Borei Nefashot	
Hot Chocolate	Shehakol	Borei Nefashot	
Iced Coffee	Shehakol	Borei Nefashot	
Iced Milk	Shehakol	Borei Nefashot	
Iced Tea	Shehakol	Borei Nefashot	
Lemon Juice	Shehakol	Borei Nefashot	
Lemonade	Shehakol	Borei Nefashot	
Lime Juice	Shehakol	Borei Nefashot	
Limeade	Shehakol	Borei Nefashot	
Liqueur	Shehakol	Borei Nefashot	
Milk	Shehakol	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Orange Juice	Shehakol	Borei Nefashot	
Pineapple Juice	Shehakol	Borei Nefashot	
Prune Juice	Shehakol	Borei Nefashot	Since most plums are no longer grown for the purpose of making juice the brocho is shehakol.
Raisin Wine	Hagafen	Al Hagefen	
Root Beer	Shehakol	Borei Nefashot	
Scotch	Shehakol	Borei Nefashot	
Seltzer	Shehakol	Borei Nefashot	
Soda (all flavors)	Shehakol	Borei Nefashot	
Soda Water	Shehakol	Borei Nefashot	
Tea	Shehakol	Borei Nefashot	
Tomato Juice	Shehakol	Borei Nefashot	
Water	Shehakol	Borei Nefashot	
Whiskey	Shehakol	Borei Nefashot	
Wine (grape)	Hagafen	Al Hagefen	
Back to top			
Fruits & Nuts			

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Almond	Ha-aytz	Borei Nefashot	
Apple	Ha-aytz	Borei Nefashot	
Apricot	Ha-aytz	Borei Nefashot	
Avocado	Ha-aytz	Borei Nefashot	
Banana	Ha-adamah	Borei Nefashot	
Blackberry	Ha-aytz	Borei Nefashot	(See Igrot Moshe, Orach Chaim 85). See OU Guide for Checking Fruits and Vegetables page 45.
Blueberry	Ha-aytz	Borei Nefashot	See OU Guide for Checking Fruits and Vegetables page 46.
Cantaloupe	Ha-adamah	Borei Nefashot	
Cashew	Ha-aytz	Borei Nefashot	
Cherry	Ha-aytz	Borei Nefashot	
Chestnut	Ha-aytz	Borei Nefashot	
Clementine	Ha-aytz	Borei Nefashot	
Coconut	Ha-aytz	Borei Nefashot	
Craisins	Ha-adamah	Borei Nefashot	
Cranberry	Ha-adamah	Borei Nefashot	They grow from small bushes in a bog.
Currant	Ha-aytz	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Date	Ha-aytz	Al Ha-aytz	
Etrog	Ha-aytz	Borei Nefashot	If prepared in a tasty manner, since otherwise it is not good for consumption.
Fig	Ha-aytz	Al Haetz	
Gooseberry	Ha-aytz	Borei Nefashot	
Grape	Ha-aytz	Al Ha-aytz	
Grapefruit	Ha-aytz	Borei Nefashot	
Guava	Ha-aytz	Borei Nefashot	
Hazel Nut	Ha-aytz	Borei Nefashot	
Honeydew Melon	Ha-adamah	Borei Nefashot	
Kiwi	Ha-aytz	Borei Nefashot	
Mango	Ha-aytz	Borei Nefashot	
Melon	Ha-adamah	Borei Nefashot	
Nectarine	Ha-aytz	Borei Nefashot	
Orange	Ha-aytz	Borei Nefashot	
Orange Peel (even if candied)	Shehakol	Borei Nefashot	(See Mishna Berura 202:39, Chazon Ish, Orach Chaim 33b)
Papaya	Ha-aytz	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	 COMMENTS
Peach	Ha-aytz	Borei Nefashot	
Peanut	Ha-adamah	Borei Nefashot	
Pear	Ha-aytz	Borei Nefashot	
Pecan	Ha-aytz	Borei Nefashot	
Peel (of Fruits)	Shehakol	Borei Nefashot	If part of fruit is attached to peel Ha-aytz is made.
Persimmon	Ha-aytz	Borei Nefashot	
Pineapple	Ha-adamah	Borei Nefashot	
Pistachio	Ha-aytz	Borei Nefashot	
Plum	Ha-aytz	Borei Nefashot	
Pomegranate	Ha-aytz	Al Ha-aytz	
Prune	Ha-aytz	Borei Nefashot	
Pumpkin Seed	Ha-adamah	Borei Nefashot	
Quince	Ha-aytz	Borei Nefashot	
Raisin	Ha-aytz	Al Ha-aytz	
Raspberry	Ha-aytz	Borei Nefashot	See OU Guide for Checking Fruits and Vegetables page 47.
Rhubarb	Ha-adamah	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Strawberry (both wild and cultivated)	Ha-adamah	Borei Nefashot	(See Igrot Moshe, Orach Chaim 86). See OU Guide for Checking Fruits and Vegetables page 48.
Tangerine	Ha-aytz	Borei Nefashot	
Walnut	Ha-aytz	Borei Nefashot	
Watermelon	Ha-adamah	Borei Nefashot	
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Desserts & Snacks			
Almonds Sugar Coated	Ha-aytz	Borei Nefashot	Since the sugar coating is subordinate to the almond, even if the amount of sugar is greater than the volume of the almond (Eliyahu Raba 204:17; P'ri Megadim, Mechaber 202:13).
Apple Sauce	Shehakol	Borei Nefashot	Shehakol is to be said if the apples are totally pureed. This applies mostly to commercially available canned or bottled apple sauce. However, Ha-aytz applies for homemade apple sauce where the applesauce is chunky.
Baked Apple	Ha-aytz	Borei Nefashot	
Banana Split - For the banana	Ha-adamah	Borei Nefashot	Both brachot must be said because neither part of the food is subordinate to the other.

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Banana Split - For the ice cream	Shehakol	Borei Nefashot	Both brachot must be said because neither part of the food is subordinate to the other.
Boston Cream Pie	Mezonot	Al Hamichya	
Candy (hard)	Shehakol	Borei Nefashot	Borei Nefashot is only said if one eats a k'zayit within a kdei achillat pras (2-9 minutes) which usually is not the case.
Chocolate	Shehakol	Borei Nefashot	
Chocolate Cream Pie	Mezonot	Al Hamichya	Provided the flour is made of any of the Five Principal Species. Al Hamichya is only said if a k'zayit of flour was consumed within a kdei achillat pras (2-9 minutes).
Chocolate Fudge	Shehakol	Borei Nefashot	
Coconut Cream Pie	Mezonot	Al Hamichya	Provided the flour is made of any of the Five Principal Species. Al Hamichya is only said if a k'zayit of flour was consumed within a kdei achillat pras (2-9 minutes).
Corn Chips	Shehakol	Borei Nefashot	
Cotton Candy	Shehakol	Borei Nefashot	
Custard	Shehakol	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Custard Pie	Mezonot	Al Hamichya	Provided the flour is made of any of the Five Principal Species. Al Hamichya is only said if a k'zayit of flour was consumed within a kdei achillat pras (2-9 minutes).
Gelatin-type dessert	Shehakol	Borei Nefashot	
Gum	Shehakol	Borei Nefashot	
Gum Drops	Shehakol	Borei Nefashot	
Halavah	Shehakol	Borei Nefashot	
Honey	Shehakol	Borei Nefashot	
Ice Cream	Shehakol	Borei Nefashot	Even if ice cream is eaten on a cone, only Shehakol is necessary, since the cone is eaten only because of the ice cream and is clearly subordinate to it. Its purpose is actually not so much to be eaten as to hold the ice cream and to prevent the hands from becoming soiled (see Shulchan Aruch, Orach Chaim 212b; Mishnah Berurah 212:5, Kaf Hachaim 15). However, if you specifically use a sugar cone because you enjoy eating it, Mezonot must also be said before eating the cone.
Ices	Shehakol	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Jam	Shehakol	Borei Nefashot	
Jelly	Shehakol	Borei Nefashot	
Ketchup	Shehakol	Borei Nefashot	
Licorice Extract	Shehakol	Borei Nefashot	
Licorice Root (natural)	Shehakol	Borei Nefashot	Shehakol should be said (see Chayei Adam 51:15; Mishnah Berurah 202:76).
Licorice Stick	Shehakol	Borei Nefashot	
Marshmallow	Shehakol	Borei Nefashot	
Marzipan	Shehakol	Borei Nefashot	
Milkshake	Shehakol	Borei Nefashot	
Mints	Shehakol	Borei Nefashot	
Napoleon	Mezonot	Al Hamichya	
Peanut Butter and Jelly Sandwich	Hamotzi	Birkat Hamazon	
Peanut Butter Creamy or Chunky	Shehakol	Borei Nefashot	
Pie	Mezonot	Al Hamichya	As with all cakes, the dough is considered the primary ingredient and only Mezonot is necessary (Mishnah Berurah 212:1), even if there is less dough than pie filling, and even if the cake is eaten mainly because of the pie filling.

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
			However, to say an Al Hamichya one must eat a k'zayit of cake within a kdei achilat pras (2-9 minutes). Otherwise, one says a Borei Nefashot. On the other hand, if there is merely a thin strip of dough, which is intended just to help you handle all the pie filling, the dough becomes subordinate to the filling and only Ha-aytz need be said.
Popcorn	Ha-adamah	Borei Nefashot	See Rav Moshe Feinstein, Sefer Torah V'hora'ah 12:13.
Potato Chips	Ha-adamah	Borei Nefashot	
Pringles	Ha-adamah	Borei Nefashot	As per Rav Belsky, since today most potatoes are processed into flakes and flour. (See Mishnah Berurah 202:42-44)
Pudding	Shehakol	Borei Nefashot	
Rice Pudding	Mezonot	Borei Nefashot	
Rock Candy	Shehakol	Borei Nefashot	
Sherbet	Shehakol	Borei Nefashot	
Stewed Prunes	Ha-aytz	Borei Nefashot	
Strawberry Shortcake	Mezonot	Al Hamichya	
Strudel	Mezonot	Al Hamichya	


FOOD	BRACHA RISHONA	BRACHA ACHRONA	() COMMENTS
Sugar	Shehakol	Borei Nefashot	
Sundae	Shehakol	Borei Nefashot	
Syrup	Shehakol	Borei Nefashot	
Twizzlers	Shehakol	Borei Nefashot	
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() Dairy Foods			
American Cheese	Shehakol	Borei Nefashot	
Buttermilk	Shehakol	Borei Nefashot	
Cheese	Shehakol	Borei Nefashot	
Cheese Blintzes	Mezonot	Al Hamichya	
Chocolate Milk	Shehakol	Borei Nefashot	
Cottage Cheese	Shehakol	Borei Nefashot	
Cream Cheese	Shehakol	Borei Nefashot	
Cream with Fruit	See Comment	Borei Nefashot	If the fruit is the main part - Ha-eitz . If the cream is the main part - Shehakol.
Custard	Shehakol	Borei Nefashot	
Farmer Cheese	Shehakol	Borei Nefashot	
Ice Cream	Shehakol	Borei Nefashot	Even if ice cream is eaten in a cone, only Shehakol is

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
			necessary, since the cone is eaten only because of the ice cream and is clearly subordinate to it. Its purpose is actually not so much to be eaten as to hold the ice cream and to prevent the hands from becoming soiled (see Shulchan Aruch, Orach Chaim 212b; Mishnah Berurah 212:5; Kaf Hachaim 15). However, if you specifically use a sugar cone because you enjoy eating it, Mezonot must also be said before eating the cone.
Macaroni and Cheese	Mezonot	Al Hamichya	
Malted Milk	Shehakol	Borei Nefashot	
Milk	Shehakol	Borei Nefashot	
Milkshake	Shehakol	Borei Nefashot	
Pizza (Meal)	Hamotzi	Birkat Hamazon	It is Pat Haba'ah B'kisin. If two slices are eaten without other foods this would constitute a Keviat Seudah for an obligation of Birkat Hamazon. If pizza is eaten with other foods, such as french fries and salad, whatever amount of bread a person would usually eat at a similar meal with other foods would constitute Keviat Seudah of pizza even if less than two slices are eaten.

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Pizza (Snack)	Mezonot	Al Hamichya	
Shamenet	Shehakol	Borei Nefashot	
Skim Milk	Shehakol	Borei Nefashot	
Sour Cream or Milk	Shehakol	Borei Nefashot	
Sweet Cream	Shehakol	Borei Nefashot	
Swiss Cheese	Shehakol	Borei Nefashot	
Welsh Rarebit	Shehakol	Borei Nefashot	By itself. When eaten together with toast - Hamotzi is said followed by Birkat Hamazon.
Whipped Cream	Shehakol	Borei Nefashot	
Yogurt	Shehakol	Borei Nefashot	
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Baked Goods			
Angel Food Cake	Mezonot	Al Hamichya	
Apple Cake	Mezonot	Al Hamichya	
Apple Strudel	Mezonot	Al Hamichya	As with all cakes, the dough is considered the primary ingredient and only Mezonot is necessary (Mishnah Berurah 212:1), even if there is less dough than apple, and even if the cake is eaten mainly because of the apple. To

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
			say an Al Hamichya one must eat a k'zayit of cake within a kdei achilat pras (2-9 minutes). Otherwise, one says a Borei Nefashot. On the other hand, if there is merely a thin strip of dough, which is intended just to help you handle all the apple, the dough becomes subordinate to the apple and only Ha-aytz need be said.
Bagel	Hamotzi	Birkat Hamazon	
Bread	Hamotzi	Birkat Hamazon	
Brownies	Mezonot	Al Hamichya	
Bun (Bread)	Hamotzi	Birkat Hamazon	
Bun (Cake)	Mezonot	Al Hamichya	
Butter Cookies	Mezonot	Al Hamichya	
Cake	Mezonot	Al Hamichya	
Cheese Cake	Mezonot	Al Hamichya	As with all cakes, the dough is considered the primary ingredient and only Mezonot is necessary (Mishnah Berurah 212:1), even if there is less dough than cheese, and even if the cake is eaten mainly because of the cheese. However, to say an Al Hamichya one must eat a k'zayit of cake within a kdei achilat pras (2-9 minutes). Otherwise, one says a Borei

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
			Nefashot. On the other hand, if there is merely a thin strip of dough, which is intended just to help you handle all the cheese, the dough becomes subordinate to the cheese and only Shehakol need be said.
Cherry Pie or Cake	Mezonot	Al Hamichya	To say an Al Hamichya one must eat a k'zayit of cake within a kdei achilat pras (2-9 minutes).
Chocolate Éclair	Mezonot	Al Hamichya	
Chocolate Cake	Mezonot	Al Hamichya	
Coffee Cake	Mezonot	Al Hamichya	
Cookies	Mezonot	Al Hamichya	
Corn Bread	Hamotzi	Birkat Hamazon	
Corn Muffin (no wheat)	Shehakol	Borei Nefashot	
Corn Muffin (with wheat)	Mezonot	Al Hamichya	
Cracked Wheat Bread	Hamotzi	Birkat Hamazon	
Crackers	Mezonot	Al Hamichya	
Cupcake	Mezonot	Al Hamichya	
Date Bread	Mezonot	Al Hamichya	
Devil's Food Cake	Mezonot	Al Hamichya	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	 COMMENTS
Doughnut	Mezonot	Al Hamichya	
Éclair	Mezonot	Al Hamichya	
English Muffin	Hamotzi	Birkat Hamazon	
Ezekiel Bread	Hamotzi	Birkat Hamazon	
French Bread	Hamotzi	Birkat Hamazon	
French Toast	Hamotzi	Birkat Hamazon	
Fruit Cake	Mezonot	Al Hamichya	
Garlic Bread	Hamotzi	Birkat Hamazon	
Ginger Bread	Mezonot	Al Hamichya	
Graham Crackers	Mezonot	Al Hamichya	
Granola Bar	Ha-adamah	Borei Nefashot	Shulchan Aruch writes that there is stringency to try avoid eating a k'zayit of the five grains when they are ha-adamah, but if one did they say Borei Nefashot.
Griddle Cakes	Mezonot	Al Hamichya	
Hamantaschen	Mezonot	Al Hamichya	
Honey Cake	Mezonot	Al Hamichya	
Italian Bread	Hamotzi	Birkat Hamazon	
Knish	Mezonot	Al Hamichya	


FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Kugel - made from potatoes or vegetables	Ha-adamah	Borei Nefashot	As per Rav Belsky bracha rishona is ha-adamah even if made from potato flour, since today most potatoes are processed into flakes and flour. (See Mishnah Berurah 202:42-44)
Kugel - Made from Rice	Mezonot	Borei Nefashot	
Kugel Made- from chalah or lokshen	Mezonot	Al Hamichya	
Lokshen Kugel	Mezonot	Al Hamichya	
Macarons	Shehakol	Borei Nefashot	
Macaroon	Shehakol	Borei Nefashot	Unless made with flour of one of the Five Principal Species, in which case Mezonot is required.
Matza	Hamotzi	Birkat Hamazon	
Melba Toast	Hamotzi	Birkat Hamazon	
Mezonot Bread or Roll	Hamotzi	Birkat Hamazon	
Mince Pie	Mezonot	Al Hamichya	
Muffin	Mezonot	Al Hamichya	
Napoleon	Mezonot	Al Hamichya	
Onion Bread or Roll	Hamotzi	Birkat Hamazon	
Onion Crackers	Mezonot	Al Hamichya	


FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Pastry	Mezonot	Al Hamichya	As with all cakes, the dough is considered the primary ingredient and only Mezonot is necessary (Mishnah Berurah 212:1), even if there is less dough than peaches, and even if the cake is eaten mainly because of the peaches. However, to say an Al Hamichya one must eat a k'zayit of cake within a kdei achilat pras (2-9 minutes). Otherwise, one says a Borei Nefashot. On the other hand, if there is merely a thin strip of dough, which is intended just to help you handle all the peaches, the dough becomes subordinate to the peaches and only Ha-aytz need be said.
Peach Pie	Mezonot	Al Hamichya	As with all cakes, the dough is considered the primary ingredient and only Mezonot is necessary (Mishnah Berurah 212:1), even if there is less dough than pie filling, and even if the cake is eaten mainly because of the pie filling. However, to say an Al Hamichya one must eat a k'zayit of cake within a kdei achilat pras (2-9 minutes). Otherwise, one says a Borei Nefashot. On the other hand, if there is merely a thin strip of dough, which is intended just to help you handle all the pie filling, the
Pie	Mezonot	Al Hamichya	As with all cakes, the dough is considered the primary ingredient and only Mezonot is necessary (Mishnah Berurah 212:1), even if there is less dough than pie filling, and even if the cake is eaten mainly because of the pie filling. However, to say an Al Hamichya one must eat a k'zayit of cake within a kdei achilat pras (2-9 minutes). Otherwise, one says a Borei Nefashot. On the other hand, if there is merely a thin strip of dough, which is intended just to help you handle all the pie filling, the

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
			dough becomes subordinate to the filling and only Ha-aytz need be said.
Piecrust	Mezonot	Al Hamichya	
Plum Pie	Mezonot	Al Hamichya	As with all cakes, the dough is considered the primary ingredient and only Mezonot is necessary (Mishnah Berurah 212:1), even if there is less dough than plums, and even if the cake is eaten mainly because of the plums. However, to say an Al Hamichya one must eat a k'zayit of cake within a kdei achilat pras (2-9 minutes). Otherwise, one says a Borei Nefashot. On the other hand, if there is merely a thin strip of dough, which is intended just to help you handle all the plums, the dough becomes subordinate to the plums and only Ha-aytz need be said.
Pound Cake	Mezonot	Al Hamichya	
Pretzels	Mezonot	Al Hamichya	
Pumpernickel Bread	Hamotzi	Birkat Hamazon	
Pumpkin Pie	Mezonot	Al Hamichya	
Raisin Bread	Hamotzi	Birkat Hamazon	
Raisin Cake	Mezonot	Al Hamichya	


FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Rice Kugel	Mezonot	Borei Nefashot	
Roll	Hamotzi	Birkat Hamazon	
Rye Bread	Hamotzi	Birkat Hamazon	
Sandwich (bread)	Hamotzi	Birkat Hamazon	
Soft Pretzels	Hamotzi	Birkat Hamazon	Meets all criteria of bread.
Sponge Cake	Mezonot	Al Hamichya	
Strawberry Shortcake	Mezonot	Al Hamichya	
Strudel	Mezonot	Al Hamichya	
Toast (bread)	Hamotzi	Birkat Hamazon	
Tortilla	Shehakol	Borei Nefashot	Since it is made of maize flour.
Waffle	Mezonot	Al Hamichya	
Wheat Bread	Hamotzi	Birkat Hamazon	
Wheat Cakes	Mezonot	Al Hamichya	
White Bread	Hamotzi	Birkat Hamazon	
Whole Wheat Bread	Hamotzi	Birkat Hamazon	
Wraps	Hamotzi	Birkat Hamazon	If one were to eat a plain wrap (unfilled) then it would be mezonos. Because it is not the way people eat this, this is a chisaron in the tzuras hapas. But if one

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
			were to eat a filled wrap with tuna or cheese etc then the proper beracha would be hamotzi.
Zwieback	Hamotzi	Birkat Hamazon	
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Vegetables & Herbs			
Arbes	Ha-adamah	Borei Nefashot	
Artichoke	Ha-adamah	Borei Nefashot	
Asparagus	Ha-adamah	Borei Nefashot	
Aubergine	Ha-adamah	Borei Nefashot	
Baked Beans	Ha-adamah	Borei Nefashot	
Beans	Ha-adamah	Borei Nefashot	
Beets	Ha-adamah	Borei Nefashot	
Broccoli	Ha-adamah	Borei Nefashot	
Brussel Sprouts	Ha-adamah	Borei Nefashot	
Cabbage	Ha-adamah	Borei Nefashot	
Carrots	Ha-adamah	Borei Nefashot	
Cauliflower	Ha-adamah	Borei Nefashot	
Celery	Ha-adamah	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	 COMMENTS
Chickpeas	Ha-adamah	Borei Nefashot	
Chives	Shehakol	Borei Nefashot	
Cinnamon	Ha-adamah	Borei Nefashot	(See Sefer Halacha 1:29a)
Cole Slaw	Ha-adamah	Borei Nefashot	
Coriander	Shehakol	Borei Nefashot	
Corn on the Cob	Ha-adamah	Borei Nefashot	Indian corn, or maize (i.e., the type that grows on the cob) is not one of the Five Principal Species.
Cucumber	Ha-adamah	Borei Nefashot	
Cucumber Salad	Ha-adamah	Borei Nefashot	
Dill Pickle	Ha-adamah	Borei Nefashot	
Edamame	Ha-adamah	Borei Nefashot	
Eggplant	Ha-adamah	Borei Nefashot	
Escarole	Ha-adamah	Borei Nefashot	
French Fried Potatoes	Ha-adamah	Borei Nefashot	
Garlic	See Comment	Borei Nefashot	If eaten raw or boiled- Shehakol. Fried in oil - Ha-adamah (Mishnah Berurah 205:7; Igrot Moshe, Orach Chaim I:64).
Gherkin	Ha-adamah	Borei Nefashot	


FOOD	BRACHA RISHONA	BRACHA ACHRONA	 COMMENTS
Ginger, if raw or dry and candied	Ha-adamah	Borei Nefashot	
Green Beans	Ha-adamah	Borei Nefashot	
Green Pepper	Ha-adamah	Borei Nefashot	
Hearts of Palm	Ha-adamah	Borei Nefashot	
Kidney Beans	Ha-adamah	Borei Nefashot	
Lentils (cooked)	Ha-adamah	Borei Nefashot	
Lettuce	Ha-adamah	Borei Nefashot	
Lima Beans	Ha-adamah	Borei Nefashot	
Maize	Ha-adamah	Borei Nefashot	
Mashed Potatoes	Ha-adamah	Borei Nefashot	
Mushroom	Shehakol	Borei Nefashot	
Mustard	Shehakol	Borei Nefashot	
Nahit (chick peas)	Ha-adamah	Borei Nefashot	
Nutmeg (ripe)	Ha-aytz	Borei Nefashot	
Olive	Ha-aytz	Al Ha-aytz	
Onion, only if fried	Ha-adamah	Borei Nefashot	
Onion, raw	See comment	Borei Nefashot	Red onions which are normally eaten raw - Ha-adamah. If the onion is normally fried to be eaten -

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
			Shehakol
Parsley	Shehakol	Borei Nefashot	
Parsnip	Ha-adamah	Borei Nefashot	
Peas	Ha-adamah	Borei Nefashot	
Pickles	Ha-adamah	Borei Nefashot	
Potato	Ha-adamah	Borei Nefashot	
Potato Blintzes	Mezonot	Al Hamichya	Provided the ingredients include flour made with one or more of the Five Principal Species.
Potato Knish	Mezonot	Al Hamichya	Provided the ingredients include flour made with one or more of the Five Principal Species.
Potato Kugel (homemade)	Ha-adamah	Borei Nefashot	
Potato Kugel (made from potato flour)	Ha-adamah	Borei Nefashot	As per Rav Belsky, since today most potatoes are processed into flakes and flour. (See Mishnah Berurah 202:42-44)
Potato Latkes (from potato flour)	Ha-adamah	Borei Nefashot	As per Rav Belsky, since today most potatoes are processed into flakes and flour. (See Mishnah Berurah 202:42-44)
Potato Latkes (from real potatoes)	Ha-adamah	Borei Nefashot	If a substantial amount of flour of the Five Principal Species is used, Mezonot is required.


FOOD	BRACHA RISHONA	BRACHA ACHRONA	 COMMENTS
Potato Salad	Ha-adamah	Borei Nefashot	
Potatoes, Instant	Ha-adamah	Borei Nefashot	As per Rav Belsky, since today most potatoes are processed into flakes and flour. (See Mishnah Berurah 202:42-44)
Potatoes, Mashed	Ha-adamah	Borei Nefashot	
Radish	Ha-adamah	Borei Nefashot	
Salad, Vegetable	Ha-adamah	Borei Nefashot	
Schav	Ha-adamah	Borei Nefashot	
Soya Beans	Ha-adamah	Borei Nefashot	
Spices	Shehakol	Borei Nefashot	No bracha if inedible
Spinach	Ha-adamah	Borei Nefashot	
Sprouts	Ha-adamah	Borei Nefashot	
Squash	Ha-adamah	Borei Nefashot	
String Beans	Ha-adamah	Borei Nefashot	
Sweet Potato	Ha-adamah	Borei Nefashot	
Tomato	Ha-adamah	Borei Nefashot	
Turnip	Ha-adamah	Borei Nefashot	
Tzibeles (fried onions)	Ha-adamah	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Tzimmes	Ha-adamah	Borei Nefashot	
Yam	Ha-adamah	Borei Nefashot	
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Soups			
Barley Soup	Mezonot	Al Hamichya	To say an Al Hamichya one must eat a k'zayit of barley within a kdei achilat pras (2-9 minutes). Otherwise, one says a Borei Nefashot.
Bean Soup	Ha-adamah	Borei Nefashot	
Borsht (with or without potato)	Ha-adamah	Borei Nefashot	
Bouillon	Shehakol	Borei Nefashot	
Broth	Shehakol	Borei Nefashot	
Cabbage Soup	Ha-adamah	Borei Nefashot	
Chicken Soup (plain)	Shehakol	Borei Nefashot	
Chicken Soup (with kneidlach or noodles)	Mezonot + Shehakol	Al Hamichya & Borei Nefashot	Al Hamichya on the kneidlach and Borei Nefashot on the soup
Consommé	Shehakol	Borei Nefashot	
Corn Soup	Ha-adamah	Borei Nefashot	
Fruit Soup (if made with fruit requiring Ha-adamah)	Ha-adamah	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Fruit Soup (If made with fruit requiring Ha-aytz)	Ha-aytz	Borei Nefashot	
Lentil Soup	Ha-adamah	Borei Nefashot	
Mushroom and Barley Soup	Mezonot	Al Hamichya	To say an Al Hamichya one must eat a k'zayit of barley within a kdei achilat pras (2-9 minutes). Otherwise, one says a Borei Nefashot.
Mushroom Soup	Shehakol	Borei Nefashot	
Noodle Soup	Mezonot	Al Hamichya	
Onion Soup	Ha-adamah	Borei Nefashot	
Pea Soup	Ha-adamah	Borei Nefashot	
Rice Soup	Mezonot	Borei Nefashot	
Tomato Rice Soup	See Comment	Borei Nefashot	If the main intention is the rice then one would say Mezonot, if one's main intention is the tomato, one would say Ha-adamah.
Tomato Soup	Ha-adamah	Borei Nefashot	
Vegetable Soup	Ha-adamah	Borei Nefashot	
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Meat, Fish, & Eggs			
Beef	Shehakol	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	 COMMENTS
Beef Stew	Shehakol	Borei Nefashot	
Bologna	Shehakol	Borei Nefashot	
Carp	Shehakol	Borei Nefashot	
Chicken	Shehakol	Borei Nefashot	
Chicken Fricassee	Shehakol	Borei Nefashot	
Chicken Salad	Shehakol	Borei Nefashot	
Chili Con Carne	Shehakol	Borei Nefashot	
Chopped Liver	Shehakol	Borei Nefashot	
Corned Beef	Shehakol	Borei Nefashot	
Derma (Stuffed Kishke)	Mezonot	Al Hamichya	Since the ingredients include flour made from one or more of the Five Principal Species.
Duck	Shehakol	Borei Nefashot	
Egg	Shehakol	Borei Nefashot	
Egg Salad	Shehakol	Borei Nefashot	
Fish	Shehakol	Borei Nefashot	
Fishcake, Fishstick	Shehakol	Borei Nefashot	
Frankfurter (without bun)	Shehakol	Borei Nefashot	
Gefilte Fish	Shehakol	Borei Nefashot	Although gefilte fish may be prepared with bread

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
			crumbs or matza flour, their purpose is just to hold the ground fish and other ingredients together. Thus, only Shehakol need be said. (See also Shulchan Aruch, Orach Chaim 208b, and Mishnah Berurah 208:8).
Hamburger (without bun)	Shehakol	Borei Nefashot	
Herring	Shehakol	Borei Nefashot	
Hotdog (without bun)	Shehakol	Borei Nefashot	
Knish with Meat	Mezonot	Al Hamichya	Provided the ingredients include flour made with one of the Five Principal Species. However, to say an Al Hamichya one must eat a k'zayit of dough within a kdei achilat pras (2-9 minutes).
Lamb	Shehakol	Borei Nefashot	
Lamb Chops, Stew	Shehakol	Borei Nefashot	
Liver	Shehakol	Borei Nefashot	
Liverwurst	Shehakol	Borei Nefashot	
Lox	Shehakol	Borei Nefashot	
Meat	Shehakol	Borei Nefashot	
Meatballs	Shehakol	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	 COMMENTS
Meatloaf	Shehakol	Borei Nefashot	
Minced Meat Pie	Shehakol	Borei Nefashot	
Mushroom Omelet	Shehakol	Borei Nefashot	
Omelet	Shehakol	Borei Nefashot	
Pastrami	Shehakol	Borei Nefashot	
Pickled Herring	Shehakol	Borei Nefashot	
Pot Roast	Shehakol	Borei Nefashot	
Roast Beef	Shehakol	Borei Nefashot	
Salami	Shehakol	Borei Nefashot	
Salmon	Shehakol	Borei Nefashot	
Sardines	Shehakol	Borei Nefashot	
Scrambled Eggs	Shehakol	Borei Nefashot	
Smoked Herring	Shehakol	Borei Nefashot	
Smoked Salmon	Shehakol	Borei Nefashot	
Spanish Omelet	Shehakol	Borei Nefashot	
Steak	Shehakol	Borei Nefashot	
Tongue	Shehakol	Borei Nefashot	
Tuna Fish	Shehakol	Borei Nefashot	

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Tuna Fish Salad	Shehakol	Borei Nefashot	
Turkey	Shehakol	Borei Nefashot	
Veal	Shehakol	Borei Nefashot	
Veal Cutlets	Shehakol	Borei Nefashot	
Whitefish	Shehakol	Borei Nefashot	
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Grains & Grain Products			
Bran Flakes	Mezonot	Al Hamichya	
Buckwheat (Kashe)	Ha-adamah	Borei Nefashot	Buckwheat is not a kind of wheat, nor is it even one of the Five Principal Species. It is a legume. Therefore, neither Mezonot nor Hamotzi can be said over a product of buckwheat unless one of the Five Principal Species, such as wheat flour, even only in part, has been added to it. Thus, if you eat buckwheat alone, only Ha-adamah is said (see Igrot Moshe, Orach Chaim 65).
Buckwheat Muffins (with Flour of Five Principal Species)	Mezonot	Al Hamichya	Al Hamichya if k'zayit of Five Principal Species flour eaten within a kdei achillat pras (2-9 minutes). Otherwise one says Borei Nefashot.

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Buckwheat Muffins (without Flour of Five Principal Species)	Shehakol	Borei Nefashot	Shehakol because buckwheat no longer has its original form.
Buckwheat Pancakes (with Flour of Five Principal Species)	Mezonot	Al Hamichya	Al Hamichya if k'zayit of Five Principal Species flour eaten within a kdei achillat pras (2-9 minutes). Otherwise one says Borei Nefashot.
Buckwheat Pancakes (without Flour of Five Principal Species)	Shehakol	Borei Nefashot	Shehakol because buckwheat no longer has its original form.
Chowmein	Mezonot	Al Hamichya	
Corn Grits (cooked)	Shehakol	Borei Nefashot	Shehakol because the corn disintegrates and loses its shape. Does not contain wheat flour.
Dumpling	Mezonot	Al Hamichya	
Farfel	Mezonot	Al Hamichya	
Farina	Mezonot	Al Hamichya	
Groats (see Buckwheat)	Ha-adamah	Borei Nefashot	
Kashe (see Buckwheat)	Ha-adamah	Borei Nefashot	
Kashe Varnishkes	Mezonot	Al Hamichya	
Kishke	Mezonot	Al Hamichya	Provided the ingredients include flour made of any of the Five Principal Species.

FOOD	BRACHA RISHONA	BRACHA ACHRONA	COMMENTS
Kneidlach	Mezonot	Al Hamichya	
Kreplach	Mezonot	Al Hamichya	
Lokshen	Mezonot	Al Hamichya	
Macaroni	Mezonot	Al Hamichya	
Matza Ball	Mezonot	Al Hamichya	
Matza Brei	Mezonot	Al Hamichya	Provided that none of the pieces of matza is as large as a k'zayit (i.e., about one-third of a matza). If even one piece is that large, then Hamotzi is required.
Noodle Pudding	Mezonot	Al Hamichya	
Noodles	Mezonot	Al Hamichya	
Noodles for Pesach	Shehakol	Borei Nefashot	Since they do not contain flour made from the Five Principal Species.
Oatmeal	Mezonot	Al Hamichya	
Pancakes	Mezonot	Al Hamichya	
Pasta	Mezonot	Al Hamichya	
Porridge	Mezonot	Al Hamichya	
Puffed Wheat	Ha-adamah	Borei Nefashot	Igerot Moshe O.C. IV:45 says that either Ha-adamah or Mezonot may be recited.

FOOD	BRACHA RISHONA	BRACHA ACHRONA	0 COMMENTS
Quinoa	Ha-adamah	Borei Nefashot	
Rice	Mezonot	Borei Nefashot	
Spaghetti	Mezonot	Al Hamichya	
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