

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם



שֶׁהֶפֶל
נְהִיָּה בְּדַבְּרוֹ



בּוֹרָא
פְּרֵי הָאֲדָמָה



בּוֹרָא
פְּרֵי הָעֵץ



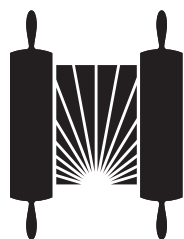
בּוֹרָא
פְּרֵי הַגֶּפֶן



בּוֹרָא
מִיַּיִן מִזֹּנוֹת



הַמּוֹצֵיא לַחֵם
מִן הָאָרֶץ



OHR HATORAH

TOCO HILLS • ATLANTA

קהילת אור התורה

OHR HATORAH
BRACHA BEE
PREP PACKET

BEFORE EATING

 <p>בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא מִיְּנֵי מְזוֹנוֹת.</p>	 <p>בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.</p>
 <p>בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ.</p>	 <p>בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן.</p>
 <p>בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ.</p>	 <p>בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָאֲדָמָה.</p>

BOREI NEFASHOS - AFTER EATING

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא נַפְשוֹת רַבּוֹת וְחֶסְרוֹן עַל כָּל מָה שֶׁבָּרָאתָ לְהַחִיּוֹת בָּהֶם נֶפֶשׁ כָּל חַי בְּרוּךְ חַי הָעוֹלָמִים.

AL HAMICHYA - AFTER EATING

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

על המחיה ועל הפלפלה ועל הגפן ועל פרי הגפן	על המחיה ועל הפלפלה	על העץ ועל פרי העץ	על הגפן ועל פרי הגפן
---	---------------------	--------------------	----------------------

ועל תנובת השדה ועל ארץ חמדה טובה ורחבה שרצית והנחלת לאבותינו לאכל מפריה ולשבוע מטובה, רחם (נא) ה' אלקינו על ישראל עמו ועל ירושלים עירו ועל ציון משכן כבודך ועל מזבחך ועל היכלך, ובנה ירושלים עיר הקדש במהרה בימינו והעלנו לתוכה ושמחנו בבנינה ונאכל מפריה ונשבוע מטובה ונברכה עליה בקדשה ובטהרה

ביום טוב: ושמחנו ביום חג הזה (פלוני) הזה	בראש השנה: זכרנו לטובה ביום הזכרון הזה	בראש חודש: וזכרנו לטובה ביום ראש החודש הזה	בשבת: רצה והחליצנו ביום השבת הזה
--	--	--	----------------------------------

כי אתה ה' טוב ומטיב לכל ונודה לך על הארץ ועל

המחיה ועל פרי הגפן. ברוך אתה ה' על הארץ ועל המחיה ועל הפלפלה ועל פרי הגפן (בא"י) ועל פרי גפנה):	המחיה. ברוך אתה ה' על הארץ ועל המחיה ועל הפלפלה:	הפרות. ברוך אתה ה' על הארץ ועל הפרות (בא"י) ועל פרותיה):	פרי הגפן. ברוך אתה ה' על הארץ ועל פרי הגפן (בא"י) ועל פרי גפנה):
---	--	--	--

ברכות הנהנין

ברכות קודם אכילה ושתייה

After washing your hands for bread:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

For bread:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

For cake, cookies, or cereal made of wheat, barley, rye, oats or spelt
(and on rice, according to many opinions):

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא מִיַּי מְזוֹנוֹת.

For grape wine or grape juice:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגֶּפֶן.

For fruit:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הָעֵץ.

For vegetables or berries:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הָאֲדָמָה.

For other foods or drinks:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ.

ברכות הודאה

ברכות הראייה

The blessings for lightning, thunder, and a rainbow are usually said only once a day. But if the storm was over and the sky became clear, and then a new storm began, the blessings are said again.

When you see lightning:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, עָשָׂה מַעֲשֵׂה בְּרָאשִׁית.

When you hear thunder:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שָׁכַחוּ וּגְבוּרָתוֹ מִלֵּא עוֹלָם.

When you see a rainbow in the sky:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
זוֹכֵר הַבְּרִית, וְנֹאמָן בְּבְרִיתוֹ, וְקִים בְּמֵאֲמָרוֹ.

The next group of blessings is said according to the instructions. If thirty days go by and the same thing is seen again, the blessing is said once more.

This blessing is said for an earthquake, or if one sees a comet, a very high mountain or a very large river:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
עָשָׂה מַעֲשֵׂה בְּרָאשִׁית.

When you see the ocean (some include the Mediterranean Sea):

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שָׁעָשָׂה אֶת הַיָּם הַגָּדוֹל.

When you see very beautiful people, trees or fields:

בְּרוּךְ (אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם), שִׁכְכָה לוֹ בְּעוֹלָמוֹ.

When you see very strange-looking people or animals:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מִשְׁנֵה הַבְּרִיּוֹת.

ברכות השבח

ברכות הריח

When you smell nice-smelling spices:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיַּיִ בְּשָׁמִים.

When you smell nice-smelling shrubs, trees or flowers that grow on trees or bushes:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא עֵצֵי בְּשָׁמִים.

When you smell nice-smelling herbs, grasses or flowers:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא עֲשָׂבֵי בְּשָׁמִים.

When you smell nice-smelling fruit or nuts:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַנוֹתֵן רֵיחַ טוֹב בִּפְרוֹת.

ברכות המצוות

When you attach a *mezuzah* to the doorpost:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְקַבֵּעַ מְזוּזָה.

When you build a rail or fence around a roof or high stairs:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לַעֲשׂוֹת מַעֲקָה.

When you immerse utensils in a *mikveh*:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל טְבִילַת כֵּלִים.
(כֵּלִי) – if only one utensil is immersed, conclude)

When you take *challah* from dough:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַפְרִישׁ חֻלָּה (מִן הָעֶסָה).

When you see a friend who has recovered from a life-threatening illness:

בְּרִיךְ רַחֲמָנָא מְלִכָא דְעֵלְמָא,
דִּי יִהְבֵּךְ לָן, וְלֹא יִהְבֵּךְ לְעַפְרָא.

When you see a destroyed synagogue:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, דִּין הָאֵמֶת.

When you see a destroyed synagogue that has been rebuilt as it used to be (many omit the words in parentheses):

בְּרוּךְ (אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם),
מְצִיב גְּבוּל אֱלֻמְנָה.

When someone sees a place where he was saved from danger by a miracle:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שְׁעָשָׂה לִי נֶס בְּמָקוֹם הַזֶּה.

When someone sees a place where his parents, ancestors, Torah teacher or the Jewish nation was saved by a miracle:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שְׁעָשָׂה לְאָבִי/לְאִמִּי/לְאֲבוֹתַי/לְרַבִּי/לְאֲבוֹתֵינוּ
נֶס בְּמָקוֹם הַזֶּה.

ברכות שונות

When you eat fruits of a new season; buy a valuable garment (such as a good suit or dress); or when you perform certain *mitzvos*.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהֵחֵינּוּ וְקִיָּמְנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.

When you hear unusually good news that benefits both oneself and others:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַטּוֹב וְהַמְּטִיב

When you hear unusually bad news:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, דִּין הָאֵמֶת.

Once every spring, say this blessing when you see fruit trees in bloom:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁלֹא חָסַר בְּעוֹלָמוֹ דְבָר, וּבָרָא בּוֹ
בְרִיּוֹת טוֹבוֹת וְאֵילָנוֹת טוֹבִים, לְהַנּוֹת בָּהֶם בְּנֵי אָדָם.

When you see an outstanding Torah scholar:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁחָלַק מִחֲכָמָתוֹ לִירֵאָיו.

When you see an outstanding secular scholar:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁנָּתַן מִחֲכָמָתוֹ לְבָשָׂר וְדָם.

When you see a gentile king who rules according to the law and who has the power of life and death, the following is said. Regarding elected presidents or prime ministers, most authorities omit the words in parentheses.

בְּרוּךְ (אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם),
שֶׁנָּתַן מִכְבוֹדוֹ לְבָשָׂר וְדָם.

Item	Bracha Rishona	Bracha Acharona	Category	Notes
Berry Berry Kix	Shehakol	Borei Nefashot	Cereals	
Cheerios	Mezonot	Al Hamichya	Cereals	
Cocoa Pebbles	Mezonot	Borei Nefashot	Cereals	
Cookie Crisp	Shehakol	Borei Nefashot	Cereals	
Froot Loops Cereal	Mezonot	Al Hamichya *One Bowl	Cereals	
Honey Nut Cheerios	Mezonot	Al Hamichya	Cereals	
Raisin Bran Cereal	Mezonot	Al Hamichya	Cereals	
Reese's Puffs	Shehakol	Borei Nefashot	Cereals	
American Cheese	Shehakol	Borei Nefashot	Dairy	
Cheese	Shehakol	Borei Nefashot	Dairy	
Cottage Cheese	Shehakol	Borei Nefashot	Dairy	
Cream Cheese	Shehakol	Borei Nefashot	Dairy	
Macaroni and Cheese	Mezonot	Al Hamichya	Dairy	
Milk	Shehakol	Borei Nefashot	Dairy	
Pizza (Meal)	Hamotzi	Birkat Hamazon	Dairy	It is Pat Haba'ah B'kisinin. 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.
Pizza (Snack)	Mezonot	Al Hamichya	Dairy	
Whipped Cream	Shehakol	Borei Nefashot	Dairy	
Yogurt	Shehakol	Borei Nefashot	Dairy	
Apple Sauce	Shehakol	Borei Nefashot	Desserts and Sweets	
Banana Split - For the banana	Ha-adamah	Borei Nefashot	Desserts and Sweets	
Banana Split - For the ice cream	Shehakol	Borei Nefashot	Desserts and Sweets	
Candy (hard)	Shehakol	Borei Nefashot	Desserts and Sweets	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	Desserts and Sweets	
Corn Chips	Shehakol	Borei Nefashot	Desserts and Sweets	
Cotton Candy	Shehakol	Borei Nefashot	Desserts and Sweets	
Gum	Shehakol	Borei Nefashot	Desserts and Sweets	
Ice Cream	Shehakol	Borei Nefashot	Desserts and Sweets	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	Desserts and Sweets	

Item	Bracha Rishona	Bracha Acharona	Category	Notes
Bagel	Hamotzi	Birkat Hamazon	Baked Goods	
Bread	Hamotzi	Birkat Hamazon	Baked Goods	
Brownies	Mezonot	Al Hamichya	Baked Goods	
Cookies	Mezonot	Al Hamichya	Baked Goods	
Crackers	Mezonot	Al Hamichya	Baked Goods	
Cupcake	Mezonot	Al Hamichya	Baked Goods	
French Toast	Hamotzi	Birkat Hamazon	Baked Goods	
Graham Crackers	Mezonot	Al Hamichya	Baked Goods	
Granola Bar	Ha-adamah	Borei Nefashot	Baked Goods	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.
Hamantaschen	Mezonot	Al Hamichya	Baked Goods	
Knish	Mezonot	Al Hamichya	Baked Goods	
Matza	Hamotzi	Birkat Hamazon	Baked Goods	
Pie	Mezonot	Al Hamichya	Baked Goods	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 dough becomes subordinate to the filling and only Ha-aytz need be said.
Pretzels	Mezonot	Al Hamichya	Baked Goods	
Tortilla	Shehakol	Borei Nefashot	Baked Goods	Since it is made of maize flour.
Waffle	Mezonot	Al Hamichya	Baked Goods	
Wraps	Hamotzi	Birkat Hamazon	Baked Goods	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 were to eat a filled wrap with tuna or cheese etc then the proper beracha would be hamotzi.
Apple Juice/Cider	Shehakol	Borei Nefashot	Beverages	
Beer	Shehakol	Borei Nefashot	Beverages	
Chocolate Milk	Shehakol	Borei Nefashot	Beverages	
Coffee	Shehakol	Borei Nefashot	Beverages	
Grape Juice	Hagafen	Al Hagefen	Beverages	
Hot Chocolate	Shehakol	Borei Nefashot	Beverages	
Iced Coffee	Shehakol	Borei Nefashot	Beverages	
Lemonade	Shehakol	Borei Nefashot	Beverages	
Milk	Shehakol	Borei Nefashot	Beverages	
Orange Juice	Shehakol	Borei Nefashot	Beverages	
Raisin Wine	Hagafen	Al Hagefen	Beverages	
Seltzer	Shehakol	Borei Nefashot	Beverages	
Soda (all flavors)	Shehakol	Borei Nefashot	Beverages	
Tea	Shehakol	Borei Nefashot	Beverages	
Water	Shehakol	Borei Nefashot	Beverages	
Apple Jacks Cereal	Mezonot	Al Hamichya *One Bowl	Cereals	

Item	Bracha Rishona	Bracha Acharona	Category	Notes
Rice	Mezonot	Borei Nefashot	Grains & Grain Products	
Spaghetti	Mezonot	Al Hamichya	Grains & Grain Products	
Beef	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Chicken	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Egg	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Egg Salad	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Fish	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Gefilte Fish	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	Although gefilte fish may be prepared with bread 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	Meat, Fish, & Eggs	
Herring	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Hotdog (without bun)	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Lox	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Meatballs	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Salami	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Tuna Fish	Shehakol	Borei Nefashot	Meat, Fish, & Eggs	
Barley Soup	Mezonot	Al Hamichya	Soup	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	Soup	
Chicken Soup (plain)	Shehakol	Borei Nefashot	Soup	
Chicken Soup (with kneidlach or noodles)	Mezonot + Shehakol	Al Hamichya & Borei Nefashot	Soup	Al Hamichya on the kneidlach and Borei Nefashot on the soup
Fruit Soup (if made with fruit requiring Ha-adamah)	Ha-adamah	Borei Nefashot	Soup	
Fruit Soup (If made with fruit requiring Ha-aytz)	Ha-aytz	Borei Nefashot	Soup	
Lentil Soup	Ha-adamah	Borei Nefashot	Soup	
Mushroom and Barley Soup	Mezonot	Al Hamichya	Soup	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.
Tomato Rice Soup	See Comment	Borei Nefashot	Soup	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.
Vegetable Soup	Ha-adamah	Borei Nefashot	Soup	
Asparagus	Ha-adamah	Borei Nefashot	Vegetables & Herbs	

Item	Bracha Rishona	Bracha Acharona	Category	Notes
Jam	Shehakol	Borei Nefashot	Desserts and Sweets	
Ketchup	Shehakol	Borei Nefashot	Desserts and Sweets	
Marshmallow	Shehakol	Borei Nefashot	Desserts and Sweets	
Peanut Butter and Jelly Sandwich	Hamotzi	Birkat Hamazon	Desserts and Sweets	
Popcorn	Ha-adamah	Borei Nefashot	Desserts and Sweets	
Potato Chips	Ha-adamah	Borei Nefashot	Desserts and Sweets	
Almond	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Apple	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Avocado	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Banana	Ha-adamah	Borei Nefashot	Fruits and Nuts	
Blackberry	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Blueberry	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Cantaloupe	Ha-adamah	Borei Nefashot	Fruits and Nuts	
Cherry	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Craisins	Ha-adamah	Borei Nefashot	Fruits and Nuts	
Cranberry	Ha-adamah	Borei Nefashot	Fruits and Nuts	
Date	Ha-aytz	Al Ha-aytz	Fruits and Nuts	
Etrog	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Fig	Ha-aytz	Al Haetz	Fruits and Nuts	
Grape	Ha-aytz	Al Ha-aytz	Fruits and Nuts	
Mango	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Orange	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Peach	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Peanut	Ha-adamah	Borei Nefashot	Fruits and Nuts	
Pear	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Pecan	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Pomegranate	Ha-aytz	Al Ha-aytz	Fruits and Nuts	
Prune	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Raisin	Ha-aytz	Al Ha-aytz	Fruits and Nuts	
Raspberry	Ha-aytz	Borei Nefashot	Fruits and Nuts	
Strawberry	Ha-adamah	Borei Nefashot	Fruits and Nuts	
Watermelon	Ha-adamah	Borei Nefashot	Fruits and Nuts	
Oatmeal	Mezonot	Al Hamichya	Grains & Grain Products	
Pancakes	Mezonot	Al Hamichya	Grains & Grain Products	
Pasta	Mezonot	Al Hamichya	Grains & Grain Products	
Quinoa	Ha-adamah	Borei Nefashot	Grains & Grain Products	

Item	Bracha Rishona	Bracha Acharona	Category	Notes
Beans	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Broccoli	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Brussel Sprouts	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Carrots	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Cauliflower	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Cucumber	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Cucumber Salad	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Dill Pickle	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Edamame	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Eggplant	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
French Fried Potatoes	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Garlic	See Comment	Borei Nefashot	Vegetables & Herbs	If eaten raw or boiled- Shehakol. Fried in oil - Ha-adamah (Mishnah Berurah 205:7; Igrot Moshe, Orach Chaim 1:64).
Ginger, if raw or dry and candied	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Green Beans	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Lentils (cooked)	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Lettuce	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Mashed Potatoes	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Mushroom	Shehakol	Borei Nefashot	Vegetables & Herbs	
Mustard	Shehakol	Borei Nefashot	Vegetables & Herbs	
Olive	Ha-aytz	Al Ha-aytz	Vegetables & Herbs	
Onion, only if fried	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Onion, raw	See comment	Borei Nefashot	Vegetables & Herbs	Red onions which are normally eaten raw - Ha-adamah. If the onion is normally fried to be eaten - Shehakol
Parsnip	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Peas	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Pickles	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Potato	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Potato Knish	Mezonot	Al Hamichya	Vegetables & Herbs	Provided the ingredients include flour made with one or more of the Five Principal Species.
Spices	Shehakol	Borei Nefashot	Vegetables & Herbs	No bracha if inedible
Spinach	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Squash	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
String Beans	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Sweet Potato	Ha-adamah	Borei Nefashot	Vegetables & Herbs	
Tomato	Ha-adamah	Borei Nefashot	Vegetables & Herbs	