

## Could You Pass the Conversion Test - Section #1 - Weekday Living:

### Section #1 - Weekday Living - Class #15 Brachos (Blessings) - Part 8 - Multiple Foods

#### MULTIPLE FOODS:

##### Primary & Secondary Foods – Part 3 - Soups & Cereals:

1. The bracha for any plain broth is Shehakol. This applies also to broth that contains a small amount of vegetables, since the *ikar* is the soup.
2. For example, chicken soup that includes bits of carrots and onions gets a Shehakol.
3. The bracha on vegetable soup is Ha'adama. Since the vegetables are the main ingredient, the broth is considered *tafel* and does not receive a separate bracha.
4. However, if you **only** want the broth and not the vegetables, the bracha on the soup becomes Ha'adama. However, this rule is subject to the following 3 conditions, **which must all be met**, otherwise, it is Shehakol:
  - the vegetables were cooked in order to be eaten as well, not only to add flavor to the soup
  - these types of vegetables are commonly used for soup
  - the vegetables add a significant amount of taste to the soup
5. When a soup is **cooked** with noodles, the Mezonot said on the noodles covers the liquid as well.
6. However, if you **also** desire the soup **and** it is the majority, then this requires two brachos: first on the soup, then on the noodles. (In situations of doubt, you could recite a Shehakol on some other food, having in mind to cover the soup-broth as well.)
7. The bracha on a regular vegetable / barley soup would be Mezonos. If there is a very small amount of barley, you would say both the brachia of Mezonos and Hoadama.
8. The bracha on a soup made from vegetables that are **pureed or dissolved completely** in the liquid is Shehakol. This includes split pea or tomato soup, as long as there are no chunks of vegetables remaining. If pieces of vegetable are still discernible, then Ha'adama is recited.
9. Fruit soup receives the bracha of the fruit contained in the soup. When there are both ha'adama and ha'aitz fruits, the bracha is determined according to the majority type.
10. Unlike vegetable soup, however, the bracha on the **liquid soup** when eaten alone is Shehakol.
11. Cholent made with barley, meat and potatoes is considered one food, and requires only one bracha. According to the rules of *ikar v'tafel*, the bracha should be determined by the majority ingredient. Nevertheless, since cooked barley is Mezonot, which has preferential status, the bracha on cholent is Mezonot, regardless of what is the majority ingredient.
12. However, if the pieces of potato and/or meat are so large that you eat bite-fulls of these with **no barley**, then the meat and potatoes would require their own separate brachos.

##### Cereals:

1. **Wheat Flakes** - The bracha is Mezonot on cereals made by cooking wheat, then shaping them and toasting/baking. (Wheaties and Shredded Wheat)

2. **Grain Flour** - The bracha is Mezonot for any cereal made from wheat flour (Wheat Chex), oat flour (Cheerios), rice flour (Rice Chex), or multi-grains (Fruit Loops).
3. **Bran** - The bracha on a cereal (All Bran) made solely from bran (the outer shell of the grain) is Shehakol. Many bran cereals, however, have wheat flour or oat flour added, which makes the bracha Mezonot. (Raisin Bran, Bran Flakes)
4. **Rice Krispies** - These are made by cooking the rice and then toasting. As such, the bracha is Mezonot. This applies also to Cocoa/Fruity Pebbles and to Special K (which is made from ground rice that is cooked).
5. **Corn Flakes** - are manufactured in two different ways.
  - Corn kernels are smashed or rolled into flakes and then baked (usually listed in the ingredients as "milled corn"). Since the kernels are essentially intact, the bracha is Ha'adama. (Kellogg's Corn Flakes, Frosted Flakes, Corn Chex)
  - Corn is ground into flour and from this the flakes are formed (usually listed in the ingredients as "milled corn"). Since these no longer resemble corn in form or appearance, the bracha becomes Shehakol. (General Mills Country Corn Flakes)
6. **Corn Flour** - The bracha is Shehakol for any cereal made from corn flour (Corn Chex). However,:
  - If wheat or oat flour is added to a "corn flour" cereal, the grain ingredient automatically becomes the *ikar* (even though it may be the minority) and the bracha would be Mezonot -- providing that a wheat or oat-like taste is detectible. (Honeycomb, Apple Jacks)
  - When wheat starch is added, this is a binding agent and is *tafel*; the bracha remains Shehakol. (Cocoa Puffs, Trix, Cap'n Crunch)
7. **Ikar v'Tafel** - Crispix cereal has a unique composition of crispy rice on one side of the square, and crunchy corn on the other. Since neither is the *ikar* or the *tafel*, two brachot are required: First say Mezonot and eat from the darker (rice) side, then say Ha'adama and eat from the lighter (corn) side.
8. **Puffed Cereals** - Honey Smacks and Sugar Crisp (now called Golden Crisp) are essentially whole wheat kernels that are "popped" (or "puffed"). Since they are not cooked (i.e. unprocessed or slightly processed), the bracha is Ha'adama.
9. **Cooked Cereal** - If a cooked cereal (porridge, farina) is made from wheat, oats, barley or rice, then the bracha is Mezonot. If it is made from corn, the bracha is Shehakol.
10. **Granola** - the bracha on granola is Ha'adama. (If the oat particles adhere to one another, then the bracha would be Mezonot.) Note that most granola **bars** are produced from **cooked** oats, and thus the bracha is Mezonot.
11. **Wheat germ** depends on the processing: cooked wheat germ is Mezonot; toasted wheat germ is Ha'adama (since the heating is only applied to deactivate the enzymes, not to cook the germ).



# Cereals & their Brachos

Updated January 2017

## Barbara's Bakery (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Cinnamon Tuffins	Pareve	Shehakel	Borai Nefashos
Honey Rice	Pareve	Mezonos	Borai Nefashos
Puffins (Original, Peanut Butter)	Pareve	Shehakel	Borai Nefashos
Shredded Spoonful	Pareve	Mezonos	Al Hamichya

## Cascadian Farms (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Chocolate O's	Pareve	Mezonos	Al Hamichya
Mult Grain Squares	Pareve	Mezonos	Al Hamichya
Multi-Grain	Pareve	Shehakel	Borai Nefashos
Purely O's	Pareve	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya

## General Mills (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Basic 4	Dairy*	Mezonos	Al Hamichya
Cinnamon (Original, Apple Cinnamon, Chocolate, Frostad, Fruity, Honey Nut, Multigrain, Oat Cluster Crunch)	Pareve	Mezonos	Al Hamichya
Cheerios (Banana Nut, Cinnamon Buns, Protein Cinnamon Almond)	Pareve	Shehakel	Borai Nefashos
Cheerios + Ancient Grains	Dairy Equipment	Mezonos	Al Hamichya
Cheerios - Yogurt Burst	Dairy*	Mezonos	Al Hamichya
Cheerios - Wheat	Pareve	Mezonos	Al Hamichya
Cheerios - Chocolate, Rice	Pareve	Mezonos	Borai Nefashos
Cheerios - Cinnamon	Dairy*	Mezonos	Borai Nefashos
Chex - Cinnamon, Honey Nut	Pareve	Shehakel	Borai Nefashos
Chex - Multi-Grain	Pareve	Mezonos	Al Hamichya
Chocolate Toast Crunch	Pareve	Mezonos	Al Hamichya
Cinnamon Toast Crunch, All	Dairy Equipment	Mezonos	Al Hamichya
Cocoa Puffs	Pareve	Shehakel	Borai Nefashos
Cookie Crisp	Pareve	Shehakel	Borai Nefashos
Don't the Explorer Cereal	Pareve	Shehakel	Borai Nefashos
Fiber One (Original)	Pareve	Mezonos	Al Hamichya
French Toast Crunch	Pareve	Shehakel	Borai Nefashos
Golden Grahams	Dairy*	Mezonos	Al Hamichya
Honey Nut Clusters	Dairy Equip.	Mezonos	Al Hamichya
Kit (Original, Berry Rany, Honey)	Pareve	Shehakel	Borai Nefashos
Oatmeal Crisp, All	Dairy*	Mezonos	Al Hamichya
Raisin Nut Bran	Dairy*	Mezonos	Al Hamichya
Reese's Puffs	Pareve	Shehakel	Borai Nefashos
Total (All)	Dairy*	Mezonos	Al Hamichya
Trix	Pareve	Shehakel	Borai Nefashos
Wheaties	Dairy*	Mezonos	Al Hamichya

## Kashi (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
7 Whole Grain Puffs	Pareve	Hoadama	Borai Nefashos
7 Whole Grain Flakes	Pareve	Al Hamichya	Al Hamichya
7 Whole Grain Nuggets	Pareve	Mezonos	Al Hamichya
Autumn Wheat	Pareve	Mezonos	Al Hamichya
Go Lean (Original)	Pareve	Hoadama	Borai Nefashos
Go Lean Crisp	Pareve	Mezonos	Al Hamichya
Go Lean Crunch!	Pareve	Mezonos	Al Hamichya
Good Friends	Pareve	Hoadama	Borai Nefashos
Heart to Heart (All)	Pareve	Mezonos	Al Hamichya
Breakfast Fields	Pareve	Mezonos	Al Hamichya

## Kellogg's (when bearing K)

Cereal Name	Status	Brocha	Brocha Achrena
All Bran - Bran Beds	Dairy Equipment	Shehakel	Borai Nefashos
All Bran - Original	Pareve	Shehakel	Borai Nefashos
All Bran Complete Oat Bran Flakes	Pareve	Mezonos	Al Hamichya
All Bran Complete Wheat Bran Flakes	Pareve	Mezonos	Al Hamichya
Apple Jacks	Pareve	Mezonos	Al Hamichya
Cinnamon Crunchy Cinnamon Cereal	Dairy Equipment	Mezonos	Al Hamichya
Cocoa Krispies	Pareve	Mezonos	Borai Nefashos
Com Flakes	Pareve	Hoadama	Borai Nefashos
Corn Flakes (U.S.)	Pareve	Hoadama	Borai Nefashos
Crackin' Oat Bran	Dairy*	Mezonos	Al Hamichya
Crispix - All	Pareve	Mezonos AND Hoadama**	Borai Nefashos
Crunchy Nut - Golden Honey Nut Flakes	Pareve	Hoadama	Borai Nefashos
Crunchy Nut - Roasted Nut & Honey O's	Pareve	Shehakel	Borai Nefashos
Frost Loops	Pareve	Mezonos	Al Hamichya
Frosted Flakes	Pareve	Hoadama	Borai Nefashos
Fruit Harvest - Strawberry, Blueberry	Pareve	Mezonos	Al Hamichya
Honey Smacks	Pareve	Mezonos or Hoadama**	Borai Nefashos

## Kellogg's (when bearing K)

Cereal Name	Status	Brocha	Brocha Achrena
Lowfat Granola with Raisins	Dairy*	Mezonos or Hoadama**	Borai Nefashos
Lowfat Granola without Raisins	Pareve	Mezonos	Al Hamichya
Muesli	Pareve	Mezonos	Al Hamichya
Product 19	Pareve	Mezonos	Al Hamichya
Raisin Bran (Regular, Crunch)	Pareve	Mezonos	Al Hamichya
Rice Krispies	Pareve	Mezonos	Borai Nefashos
Smart Start	Pareve	Mezonos	Al Hamichya
Special K (Original)	Dairy*	Mezonos	Borai Nefashos
Special K (Chocolatey Delight, Fruit & Yogurt)	Dairy*	Mezonos	Al Hamichya
Special K (Cinnamon Pecan, Multigrain, Oats & Honey)	Pareve	Mezonos	Al Hamichya

## Kemach

(when bearing the Symbol of Rabbi N.N. Horowitz and DK)

Cereal Name	Status	Brocha	Brocha Achrena
Bran Flakes	Pareve	Mezonos	Al Hamichya
Bunch-O-Kinck	Pareve	Shehakel	Borai Nefashos
Cocoa Munchies	Pareve	Shehakel	Borai Nefashos
Corn Flakes	Pareve	Shehakel	Borai Nefashos
Crispy Rice	Pareve	Mezonos	Borai Nefashos
Fruit Whiles	Pareve	Mezonos	Al Hamichya
Honey Frosted Crunch	Pareve	Mezonos	Al Hamichya
Honey Nut Toasted Oats	Pareve	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya
Sugar Frosted Flakes	Pareve	Shehakel	Borai Nefashos
Oguz Puffed Wheat	Pareve	Mezonos or Hoadama	Borai Nefashos
Toasted Oats	Pareve	Mezonos	Al Hamichya
Whole Wheat Flakes	Pareve	Mezonos	Al Hamichya

## Malt-O-Meal (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Apple Zings	Pareve	Mezonos	Al Hamichya
Blueberry Muffin Toppings	Dairy*	Mezonos	Al Hamichya
Colossal Crunch	Pareve	Shehakel	Borai Nefashos
Crispy Rice	Pareve	Mezonos	Borai Nefashos
Dyn-Rites (Cocoa, Fruity)	Pareve	Mezonos	Borai Nefashos
Honey Nut Scooters	Pareve	Mezonos	Al Hamichya
Nash Bran	Pareve	Mezonos	Al Hamichya
Toasty O's (All)	Pareve	Mezonos	Al Hamichya
Trotle Fruits	Pareve	Mezonos	Al Hamichya

## Post (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Alpha Bits	Pareve	Mezonos	Al Hamichya
Banana Nut Crunch	Dairy*	Mezonos	Al Hamichya
Bran Flakes	Pareve	Mezonos	Al Hamichya
Cocoa Pebbles	Pareve	Mezonos	Borai Nefashos
Fruity Pebbles	Pareve	Mezonos	Borai Nefashos
Golden Crisp	Pareve	Mezonos or Hoadama**	Borai Nefashos
Great Grains (Cranberry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans)	Dairy*	Mezonos	Al Hamichya
Grape Nuts	Pareve	Mezonos	Al Hamichya
Honey Bunches of Oats (Honey Roasted, Raisin Medley, With Almonds, With Peaches, With Strawberries, With Vanilla Cinnamon, With Cinnamon Bunches, With Pecan Bunches)	Dairy*	Mezonos	Al Hamichya
Honeycomb	Pareve	Shehakel	Borai Nefashos
Honeycomb-Cocoa-Graham	Pareve	Shehakel	Borai Nefashos
Maple Pecan Crunch	Dairy*	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya
Shredded Wheat Honey Nut, Original, Original Spoon Size, Wheat 'N Bran	Pareve	Mezonos	Al Hamichya
Waffle Crisp	Pareve	Mezonos	Al Hamichya

## Quaker (when bearing OU)

Cereal Name	Status	Brocha	Brocha Achrena
Cap 'N Crunch	Dairy Equipment	Shehakel	Borai Nefashos
Cap 'N Crunch Crunch Berries	Dairy*	Shehakel	Borai Nefashos
Cap 'N Crunch - Peanut Butter	Dairy*	Shehakel	Borai Nefashos
Crisp Rice	Pareve	Mezonos	Borai Nefashos
Crunchy Corn Bran	Dairy Equipment	Shehakel	Borai Nefashos
Life (Original)	Pareve	Mezonos	Al Hamichya
Oatmeal Squares	Dairy Equipment	Mezonos	Al Hamichya
Puffed Rice	Pareve	Mezonos	Borai Nefashos

### More Basics:

#### Unauthorized Brachos:

1. A *bracha levatala* is a bracha said in vain -- i.e. it is said for no reason, or its purpose is not fulfilled. This violates the prescribed conditions that the Sages set for brachot. For example, you hold up an apple, and say "*borei pri ha'aitz*," and then realize that the apple you are holding is completely rotten and inedible. Or if you make a totally incorrect brocha, such as "*borei pri ha'aitz*," on a piece of chicken.
2. A *bracha she'ayna tzricha* is an unnecessary bracha -- i.e. it was said on a food that was already covered by a previous bracha. Although the bracha is in one sense "fulfilled" (i.e. the food is eaten), nevertheless the bracha is unnecessary and hence improper. For example, you begin your meal with bread, saying the bracha Hamotzee. You then take a piece of chicken and say the bracha Shehakol.
3. One is not even allowed to **cause** a *bracha she'ayna tzricha* to be said. This means that you may not say a bracha when it could have been avoided, as in the following case: You sit down to a meal and first say the bracha Shehakol on the chicken. You then proceed to say a bracha on the bread.
4. This last rule, however, only applies only when you are planning to eat the second food right away. If, however, the second food is not going to be eaten right now, the first food may be eaten with its own bracha. For example, you come home, while waiting for dinner to be ready, and grab a drink to quench your thirst, saying the bracha Shehakol. Since the meal was not ready yet, and you were thirsty right now, you were not obligated to wait to take a drink.
5. One may say a bracha on an appetizer that precedes bread, e.g. a grapefruit, since this is the normal sequence of a meal.
6. How can you rectify a situation of potential *bracha levatola*? For example, you say the bracha Shehakol on a glass of apple juice, and lift the glass to your mouth when suddenly... it slips from your hand and spills all over the floor. What can you do in order to "save" this from being a *bracha levatala*? 1) The simplest advice is to pick the cup off the floor, and drink the few drops of apple juice remaining in the cup. 2) If this is not possible (e.g. it was made of glass and shattered), then you should quickly pour some more juice from the container and drink that (assuming that when reciting the blessing, you had the intention to drink more from the container, or the container was on the table even without specific intention). 3) If this is not possible, you could take another food that was "covered" (as in #2 above) by the first bracha. 4) Finally, if none of these options exist, you should recite the following phrase, "*Baruch Sheim Kevod Malchuso Le'olam Va'ed*." As a praise of God, *Baruch Sheim* compensates, so to speak, for the previous dishonor to God.
7. What do you do in a case where you've begun a bracha, and in the middle realize that it's unnecessary? 1) If you have only said the words, "*Baruch Ata*," then simply stop. Since you haven't said God's name, there's no harm done. 2) If you realize your mistake after saying "*Baruch Ata Adonoy*," then you should quickly continue with the words "*lam'dayni chu'kecha*." By doing so, you have recited a full verse from Psalms 119:12: "*Baruch Ata Adonoy, lam'dayni chu'kecha*" -- and thus cleverly avoided saying God's name in vain! 3) If, however, you are already further into the bracha (i.e. you already said

"Eloheinu"), the only corrective measure is to recite "*Baruch sheim k'vod malchuto l'olam va'ed*," as described above.

8. What happens if you are in doubt about whether you've already recited a bracha?
  - 1) Ask someone else who is starting to eat to "have you in mind" when saying his bracha. You should answer "Amen," and by doing so, his bracha is effective for you as well.
  - 2) Say a new bracha on a food that was **not** included in your original bracha.
  - 3) Change your location in a way that requires a new bracha.
  - 4) By the strict letter of the law, you could continue to eat without saying a bracha. In practice, however, the above options should be used first. And even if none of these options are available, it is better to recite the bracha **without** saying God's names aloud -- i.e. while concentrating on God's names mentally.
9. When teaching children to say brachos, one is permitted to say the name of God in order to show the child the correct pronunciation.