

Sourdough Hydration Chart FREE

Hydration is a baker's percentage: water weight ÷ flour weight × 100. Weigh the water too; 1 ml of water ≈ 1 g.

1 · Water to add

Hydration	250 g flour	500 g flour	1,000 g flour
60%	150 g	300 g	600 g
65%	162.5 g	325 g	650 g
70%	175 g	350 g	700 g
75%	187.5 g	375 g	750 g
80%	200 g	400 g	800 g
85%	212.5 g	425 g	850 g
90%	225 g	450 g	900 g

water (g) = flour (g) × hydration ÷ 100. Salt at 2% = 5 g / 10 g / 20 g for these flour weights.

2 · True hydration with a 100% starter

Water you add	+10% starter	+20% starter	+30% starter
60%	61.9%	63.6%	65.2%
65%	66.7%	68.2%	69.6%
70%	71.4%	72.7%	73.9%
75%	76.2%	77.3%	78.3%
80%	81.0%	81.8%	82.6%
85%	85.7%	86.4%	87.0%
90%	90.5%	90.9%	91.3%

Starter % = starter weight ÷ added flour × 100. A 100% hydration starter is half flour, half water, so it adds both.

Formulas

True hydration = (water added + starter ÷ 2) ÷ (flour added + starter ÷ 2) × 100 (100% hydration starter)

Worked example: 500 g flour, 350 g water (70%), 100 g starter (20%) → (350 + 50) ÷ (500 + 50) = 400 ÷ 550 = **72.7%**

Hitting a target true hydration with s% starter: water % to add = target × (1 + s ÷ 200) – s ÷ 2.

Example: target 75%, 20% starter → 75 × 1.1 – 10 = **72.5%** water (362.5 g for 500 g flour).

Typical ranges: tin/sandwich loaf 60–68%, everyday boule 68–75%, open crumb 75–85%. Whole wheat usually takes more water. Guidance only, because flours vary.