

SOURDOUGH STARTER FEEDING RATIOS

Simple feeds for a happy, active starter

How to Use This Chart

1. Choose your ratio based on how often you bake.
2. Weigh starter, flour and water in grams.
3. Mix well, let it rise at room temp, then store as usual.

1:5:5 Ratio – *Everyday Maintenance*

A steady, economical daily feed.

Starter	Flour	Water	Total Mix
5 g	25 g	50 g	80 g
10 g	50 g	100 g	100 g
25 g	125 g	125 g	275 g

1:10:10 Ratio – *Power Feed*

For reviving or building extra starter.

Starter	Flour	Water	Total Mix
5 g	50 g	50 g	105 g
10 g	100 g	100 g	210 g
25 g	250 g	250 g	525 g

Quick Tips

- All amounts are in grams.
- Use equal parts flour and water (100% hydration).

