



A BAKE-KEEPER FREE PRINTABLE

Conversion & Baker's-Percentage Cheat Sheet

Keep this by the scale — for the one time a recipe is only in cups.

Grams <-> Cups / oz (approximate, spoon-and-level)

INGREDIENT	1 CUP	1 TBSP	1 OZ
All-Purpose Flour	120 g	8 g	28 g
Bread Flour	127 g	8 g	28 g
Whole Wheat Flour	113 g	7 g	28 g
Water	236 g	15 g	28 g
Table Salt, fine	292 g	18 g	28 g
Active Starter (100% hydration)	240 g	15 g	28 g

Baker's Percentage, Quick Math

- Flour is always 100%. Everything else is a % of flour weight.
- Hydration % = (water weight ÷ flour weight) × 100
- Salt is typically 2% of flour weight (1.8-2.2% range)

- To scale a recipe: multiply every ingredient by (your flour weight ÷ original flour weight)
- Adding whole wheat or rye? It drinks more water — add 5-10% more hydration