Espresso Ratio Chart

Last checked: November 4, 2026

Chart page (the live, interactive version):
https://baristabetter.com/tools/espresso-ratio-calculator/

Espresso style ratios are rough guides, not standards. Sources: NCA (1:2, 20 to 30 s), Wikipedia Lungo (1:1 / 1:2 / 1:4, 'relative terms without exact measurements'), Wikipedia Espresso and Ristretto. Lungo is about 1:3 to 1:4 (Coffee Bros, a roaster, and Wikipedia); default 1:4.

Espresso ratio by style (dry coffee in : liquid out)

Style	Ratio	Shot time	What it is
Ristretto	1:1 to 1:1.5	20 to 30 s	Half the water of a normal shot, finer grind. About 1:1.
Normale (standard)	1:2	20 to 30 s	The common 1:2: 18 g in, 36 g out.
Lungo	1:3 to 1:4	25 to 60 s	About 1:3 to 1:4 (Coffee Bros, Wikipedia); the calculator starts at 1:4.

Grams out for a given dose

Cited double-basket range: 14 to 18 g of ground coffee (Wikipedia Ristretto); a double is about 14 g in Wikipedia Espresso. 7 g (about half a double) and 20 g are shortcuts for your basket's own stated range, not sourced figures.

Dose in	Ristretto (1:1)	Normale (standard) (1:2)	Lungo (1:4)
7 g	7 g	14 g	28 g
14 g	14 g	28 g	56 g
18 g	18 g	36 g	72 g
20 g	20 g	40 g	80 g

Tuning

Runs fast (well under the time window): grind finer. Runs slow (well over): grind coarser.

Sources

Wikipedia: Lungo

https://en.wikipedia.org/wiki/Lungo

Rough guide to the grounds-to-liquid ratio: 1:1 ristretto, 1:2 normale, 1:4 lungo; a normal shot takes 18 to 30 seconds, a lungo up to a minute. "Relative terms without exact measurements." Checked November 4, 2026.

Wikipedia: Ristretto

https://en.wikipedia.org/wiki/Ristretto

Same coffee as a normal shot with half the water, pulled in 20 to 30 seconds; a double shot uses 14 to 18 g of ground coffee. Checked November 4, 2026.

Wikipedia: Espresso

https://en.wikipedia.org/wiki/Espresso

Usually 25 to 30 seconds; ristretto about half the water of a normale, lungo double to triple; a double uses about 14 g of dry coffee. Checked November 4, 2026.

National Coffee Association: How to Make Espresso

https://www.aboutcoffee.org/brewing/espresso/

1 g dry coffee to 2 g espresso (1:2); 20 to 30 seconds; fine grind (like table salt). Checked November 4, 2026.

Coffee Bros: All Espresso Drinks Explained
https://coffeebros.com/blogs/coffee/all-espresso-drinks-explained-the-difference-between-espresso-drinks
Checked November 4, 2026.

Figures are starting points taken from the pages above, not medical or maker advice. Check your own equipment and ask a professional about health questions.