

<u>Difference:</u> (inches)	negative	< 1	1"	2"	3"	4"	5"	6"	7"
Cup size	AAAA or AAA	AA	A	B	C	D	DD or E	DDD or F	DDDD or G

While this chart is useful for determining the cup size, bear in mind that 34A cup does NOT have exactly the same volume as 36A or 38A. So, if you try on a 36B bra and the cup size fits but the band is too loose so that you decide to go to down in band size to 34, you may actually need 34C cup size so as to have about the same volume in the bra cup.

This is just an indication. Just remember to go by the fit, not by the numbers. You have to try the bra on. If it fits right, that's your bra size even if the tape measure told you otherwise.