

Bra cup sizes begin with the smallest possible volume. The very first cup size at the bottom of the system is AAA. This size represents extremely minimal breast tissue, almost flat but not completely flat. It exists so that individuals with tiny volume have a cup that does not wrinkle or gape. AAA cups are rare in many stores but essential in the sizing system because they anchor the starting point.

Right above that is the AA cup, which holds slightly more volume than AAA. AA breasts have a gentle curve and just enough tissue to require a very small cup, but not enough to fill an A cup. AA prevents loose fabric and provides a smooth fit for people with petite breast shapes.

Next in the system comes the A cup. This is considered the first “standard” cup size most people recognize. An A cup has modest volume — small, compact, and close to the chest with a gentle slope. It is the size designed to hold a small amount of breast tissue comfortably without gaping, while still giving shape.

After A comes the B cup. The B cup holds noticeably more breast volume than an A. It has deeper cups and a more rounded shape, fitting breasts that project a bit more outward from the chest wall. B is often considered a middle-small size — not flat, not full, but a clear step upward.

Above B is the C cup. This is used for moderate fullness — breasts that round outward more noticeably and require deeper cups to provide coverage and shape. A C cup is considered the middle of the system for many people, though this depends on the country and the average body type.

Following C comes the D cup. A D cup represents fuller volume — breasts that have more projection, more mass, and greater depth. D does not mean “large” automatically; it simply means a significant step beyond moderate fullness. Many women who think of themselves as medium-sized actually fall into D once properly fitted.

Beyond D, the system begins adding letters to indicate increasing fullness. The next is DD, which some brands call E. This size holds more volume than a D, offering more depth and width in the cups. DD/E exists because many people fit between the volume of a D and the next size up.

Above that is DDD, which some brands call F. This size is fuller again, designed for heavier breast tissue that projects further outward. It accommodates both depth and width, depending on the breast shape.

Past that comes G, which is another step in increased volume. A G cup is designed for significantly full breasts that require deep, supportive cups with sturdy structure.

After G comes H, representing very full breast volume. H cups are engineered for both projection and weight distribution, helping keep the body balanced and supported.

The system continues upward depending on the brand and region. After H come sizes like I, J, K, and even higher, each representing progressively larger volumes. These sizes exist because breast shapes vary widely, and the industry eventually expanded to recognize that larger volumes need dedicated cup designs.

As the cup letters keep climbing, the cups get both deeper and wider to accommodate different breast root shapes. Some breasts are narrow and project forward, and others are wide and spread more toward the underarm. Higher letters account for these shape differences, offering structure so weight does not sit entirely on the shoulders or strain the back.

The cup-letter progression does not change no matter what the band size is. The sequence always rises the same way — from AAA to AA, then to A, B, C, D, DD/E, DDD/F, G, H, I, J, K, and beyond. What changes is how large the actual cup is on the body. For example, an A cup on a small band is tiny, but an A cup on a larger band holds more volume, because cup size scales with the frame size.

Cup letters form a ladder, and each step up that ladder increases volume. Cup letters form the same ladder in every band, but the physical size of the cup changes depending on the band. This is why knowing the beginning of the ladder matters — it lets you understand where someone sits on the volume spectrum.

At the bottom of the ladder is AAA. At the top, the ladder extends far beyond the letters most people see in stores. The full system exists so that every body — from the smallest to the fullest — can find a size that fits without discomfort or pain.

Cup sizes are built into a smooth progression, each one a logical step above the previous. They exist to accommodate the full range of human anatomy. No cup size exists to glorify or diminish anyone — the system respects variation, not judgment. Every cup, from the smallest to the largest, is simply a recognition of natural differences.