

This checklist has features to check for (or avoid) in a bra that fits well when worn, and what to do if encountering problem.

Get a default bra size to ask for, if you want, using the online source below that requires someone to help measure you. This serves as a first size to request to try. Note default size given on the site is in UK sizing. Check chart at bottom of webpage link for the equivalent size in your geographic area. Write in first size to ask to try below.

Bra size calculated on www.mybrasizecalculator.com , more sizing info at Fry Sauce & Grits Bra size given here should only be used as a <i>starting point</i> for trying out bras. Different brands have different sizes (cups and band) for the <i>same</i> bra size so deviated from this size as needed. In trying a different size if cup or band does not feel right, use the <i>up one</i> and <i>down one</i> “sister size” approach for cups and band size to find alternate sizes. So if <i>up</i> 1 size in cup, then <i>down</i> 1 in band, or vice versa. Jump 2 sizes if need be.	Starting size to ask for
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Then, with the bra on, check for these features, or lack thereof, to ensure you have a bra that fits. If you can’t find one that has them all, either be patient to try more selection at another place, or pick the one that feels the best because ultimately, it comes down to feel, even if it’s not the one with the most features desired.

Bra fitting assessment (Use this Fry, Sauce and Grits online guide for details to questions)	If	Then do this to solve
“Quadraboob” or flesh overflowing on top?	Y	Ask for a bigger cup size
Gap between cup top and bust?	Y	Ask for a smaller cup size, or a lower cut cup shape (coverage) if cup fits well on bottom
Bust overflow on front side?	Y	Ask for a bigger cup size
Bust overflow on arm side?	Y	Ask for a bigger cup size or a bigger band size (if you were feeling a bit choked)
Back overflowing?	Y	Ask for a bigger band size
Wrinkle in fabric cups?	Y	Ask for a smaller cup size (not applicable for moulded or shaped cups)
Clear cleavage seen on bras with underwires?	Y	Ask for a bigger cup size (underwires properly set separate and hold breasts so there should not be much sign of cleavage)
Gore or middle of front band flat against chest?	N	Ask for a bigger cup size (not covering enough to let gore sit flat against chest)
Underwire resting on breast instead of rib cage?	Y	Ask for a bigger cup size
Underwire at least 1/4 inch away from bottom breast tissue?	N	Ask for a bigger cup size (unless 3/4 inch or more, then ask for a smaller cup size)
Underwire goes below bottom rib at any point?	Y	Ask for a smaller band size (which means smaller bra and shorter straps to bring up)
Band appear horizontal when seen from the side?	N	As for a bigger band size
Snug two finger fit under band at back?	N	Ask for a smaller band (that fits more tightly)
Snug two finger fit on top of strap?	N	Lengthen strap if too loose, shorten if gouging
Notes on fitting:		