



To Take Your Measurements:

BUST The measurement over the fullest part of the chest of apex point.

WAIST The measurement of the smallest indentation of the natural waistline.

HIPS The measurement of the fullest curve of the hip or approximately 8" below the waistline.

**INSEAM /
INSIDE LEG** The measurement from the top of the inner thigh down to 1" below the ankle bone.

NOTE For accurate measurements, pull the measuring tape snugly to your body and avoid stretching.

NHC Food and Nutrition Services Size Charts



Women's Fit Guide for Pant Styles 2042, 2043, 8327, 83221 & Skirt NHC2226



CLASSIC
Generously cut to provide optimal comfort and ease of movement.

MODERN
Tailored to flatter your shape without limiting movement.

CONTEMPORARY
Contoured to conform to your body and complement your shape.

MEASUREMENT TIPS

BUST: The measurement over the fullest part of the chest

WAIST: The measurement of the smallest indentation of the natural waistline.

HIPS: The measurement of the fullest curve of the hip or approximately 8" below the waistline

INSEAM/INSIDE LEG: The measurement from the top of the inner thigh down to 1" below the ankle bone.

Women's Fit Guide for Pant Styles 2042, 2043, 8327, & Skirt Style NHC2226

WOMEN'S APPAREL										
SIZE	XXS	XS	S	M	L	XL	2X	3X	4X	5X
BUST	29-30	31-33	34-35	36-38	39-42	43-45	46-49	50-53	54-57	58-61
WAIST	22-23	24-25	26-28	29-31	32-34	35-37	38-41	42-45	46-49	50-53
HIPS	32-33	34-35	36-38	39-41	42-44	45-47	48-51	52-55	56-59	60-63

Unisex Fit Guide for Pant Style 7602

UNISEX										
Size	XXS	XS	S	M	L	XL	2X	3X	4X	5X
CHEST	27-29	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
WAIST	22-24	25-27	28-30	31-34	35-38	39-42	43-46	47-51	52-55	56-60
HIP	31-33	34-35	36-38	39-41	42-45	46-49	50-53	54-57	58-61	62-65

NHC Food and Nutrition Services Size Charts

Fit Chart for Women's Compression Shirt Style IDN3002

LADIES' GARMENT SIZE	XS	S	M	L	XL	2XL
Numeric Sizing (USA/Canada)	2	4-6	8-10	12-14	16-18	20
Numeric Sizing (European)	32	34-36	38-40	42-44	46-48	50
Chest	31" - 32"	33" - 35"	36" - 38"	39" - 42"	43" - 45"	46" - 49"
Waist	23" - 24"	25" - 27"	28" - 30"	31" - 32"	33" - 35"	36" - 38"
Hip	33" - 34"	35" - 37"	38" - 40"	41" - 42"	43" - 45"	46" - 48"
Sleeve Length	29.5" - 30"	30.5" - 31"	31.5" - 32"	32.5" - 33"	33.5" - 34"	34.5" - 35"

Fit Chart for Women's Jacket IDM990W-RD

Size Chart

	XS	S	M	L	XL	2XL	3XL
CHEST	31-32	33-35	36-38	39-42	43-45	46-49	50-53

Fit Chart for Unisex Jacket NHC1000-YL

SIZE (Measurements in inches)	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
CHEST (1" below armhole)	24	25	26	27	28	29	30	31	32
BODY LENGTH (from center back neck)	29	29.5	30	30.5	31	31.5	32	32.5	33
SLEEVE LENGTH (from center back neck)	34	35	36	37	38	38.5	39	39.5	40

NHC Food and Nutrition Services Size Charts

For Chef Coat Styles CW4412, CW4413, CW5630, CW5631, & CW5632
For Shirt Styles CW4325 & NHC4423CV and For Pant Style CW3540

SIZE CHART

WOMEN'S SIZE CHART

SIZE	BUST	WAIST	HIP
XS	30-32	26-28	33-35
S	34-36	28-30	35-37
M	38-40	31-33	38-40
L	42-44	34-36	41-43
XL	46-48	37-39	44-46
2X	50-52	40-43	47-50
3X	54-56	44-47	51-54
4X	58-60	48-51	55-58
5X	62-64	52-55	59-62

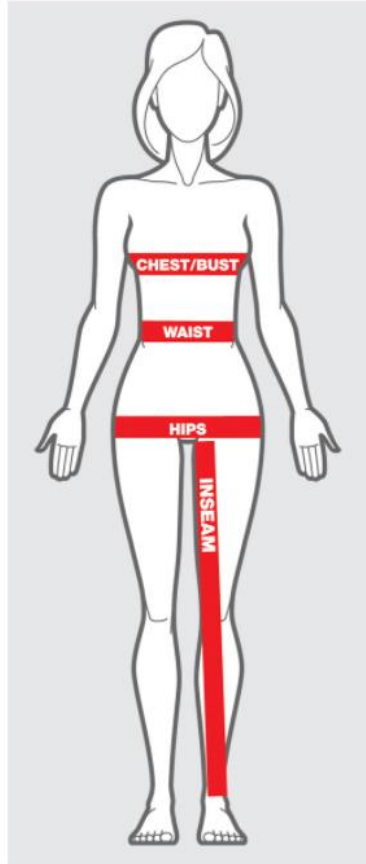
HOW TO MEASURE

CHEST: The measurement over the fullest part of the chest.

HIPS: The measurement of the fullest curve of the hip or approximately 8" below the waistline.

WAIST: The measurement of the smallest indentation of the natural waistline.

INSEAM/INSIDE LEG: The measurement from the top of the inner thigh down to 1" below the ankle bone.



chefwear.



- Slim Fit – Contoured to conform to your body and complement your shape.
- Modern Fit – Tailored to flatter your shape without limiting movement.
- Classic Fit – Generously cut for ease of movement.
- Relaxed Fit – Most Generous Cut, Loose Fitting.

NHC Food and Nutrition Services Size Charts

Men's Fit Guides for for Pant Styles 2103, 8555, & 85221



CLASSIC
Generously cut to provide optimal comfort and ease of movement.

MODERN
Tailored to flatter your shape without limiting movement.

CONTEMPORARY
Contoured to conform to your body and complement your shape.

MEASUREMENT TIPS

BUST: The measurement over the fullest part of the chest

WAIST: The measurement of the smallest indentation of the natural waistline.

HIPS: The measurement of the fullest curve of the hip or approximately 8" below the waistline

INSEAM/INSIDE LEG: The measurement from the top of the inner thigh down to 1" below the ankle bone.

Men's Fit Guide for Pant Styles 2103, 8555, & 85221

MEN'S APPAREL									
Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
WAIST	25-27	28-30	31-34	35-38	39-42	43-46	47-51	52-55	56-60
Hip	34-35	36-38	39-41	42-45	46-49	50-53	54-57	58-61	62-65

Unisex Fit Guide for Pant Style 7602

UNISEX										
Size	XXS	XS	S	M	L	XL	2X	3X	4X	5X
CHEST	27-29	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
WAIST	22-24	25-27	28-30	31-34	35-38	39-42	43-46	47-51	52-55	56-60
HIP	31-33	34-35	36-38	39-41	42-45	46-49	50-53	54-57	58-61	62-65

Fit Chart for Men's Compression Shirt Style IDN3165

Size Chart

	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	35-38	39-41	42-45	46-49	50-52	53-56	57-60	61-64

NHC Food and Nutrition Services Size Charts

Jacket Size Charts

Men's - IDM990-RD

Size Chart

	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	32-34	35-38	39-41	42-45	46-49	50-52	53-56	57-60

Unisex – NHC1000-YL

SIZE (Measurements in inches)	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
CHEST (1" below armhole)	24	25	26	27	28	29	30	31	32
BODY LENGTH (from center back neck)	29	29.5	30	30.5	31	31.5	32	32.5	33
SLEEVE LENGTH (from center back neck)	34	35	36	37	38	38.5	39	39.5	40



HOW TO MEASURE:

CHEST – Measure from 1" below armhole straight across chest.

BODY LENGTH – Measure from center back of neck to sweep opening.

SLEEVE LENGTH – Measure from center back of neck to sleeve opening.



NHC Food and Nutrition Services Size Charts Men's (Unisex) Fit Guide

For Chef Coat Styles CW4412, CW4413, CW5630, CW5631, & CW5632
For Shirt Styles CW4325 & NHC4423CV and For Pant Style CW3540

SIZE CHART

MEN'S (UNISEX) SIZE CHART

SIZE	CHEST	WAIST
XS	31-34	25-27
S	35-38	28-30
M	39-42	32-34
L	43-46	36-38
XL	47-50	40-42
2X	51-54	44-46
3X	55-58	48-50
4X	59-62	52-54
5X	63-66	56-58

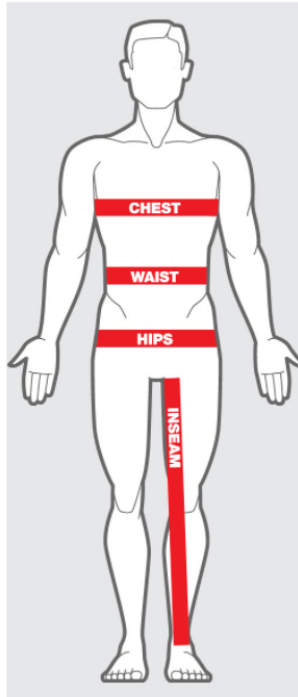
HOW TO MEASURE

CHEST: The measurement over the fullest part of the chest.

HIPS: The measurement of the fullest curve of the hip or approximately 8" below the waistline.

WAIST: The measurement of the smallest indentation of the natural waistline.

INSEAM/INSIDE LEG: The measurement from the top of the inner thigh down to 1" below the ankle bone.



chefwear.



- Slim Fit – Contoured to conform to your body and complement your shape.
- Modern Fit – Tailored to flatter your shape without limiting movement.
- Classic Fit – Generously cut for ease of movement.
- Relaxed Fit – Most Generous Cut, Loose Fitting.