

# FOOD PHOTO TIPS & STYLING





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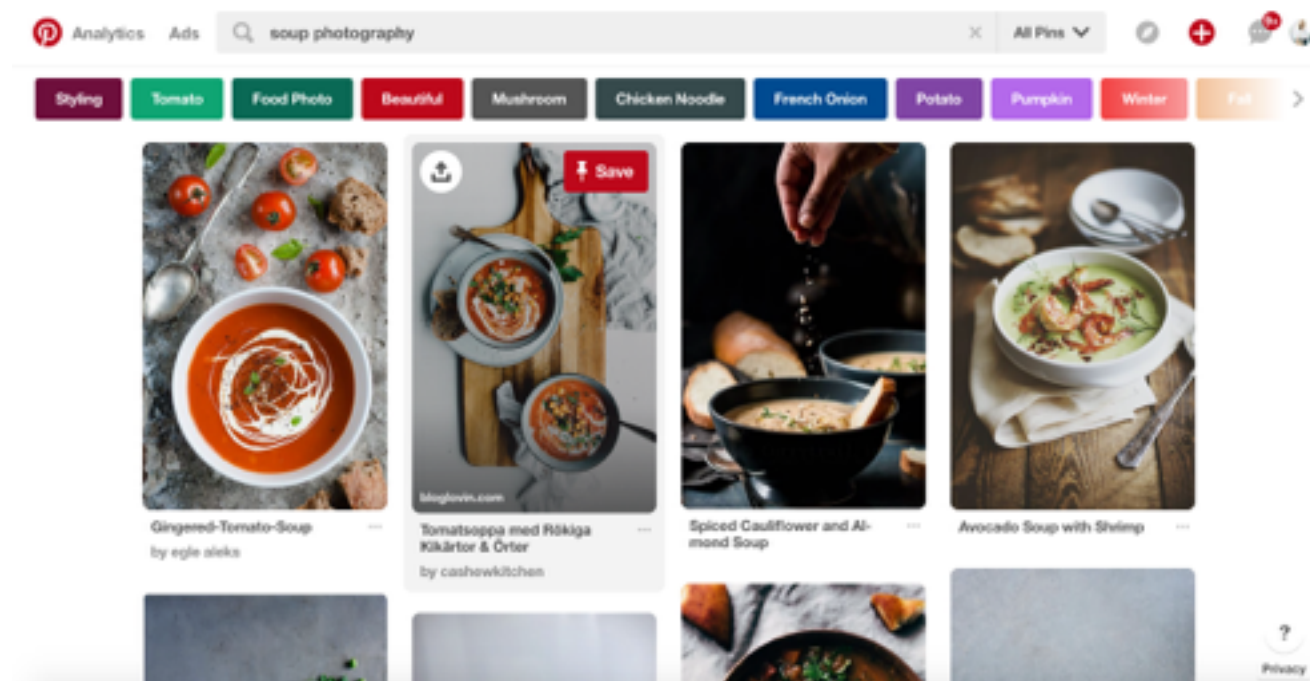
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[shelbytsikaphotography.com](http://shelbytsikaphotography.com)



# STEP 1 : PREPARING FOR YOUR PHOTO

- Pinterest is a wonderful thing. Think about your dish, and search on Pinterest for inspiration!
- Always have the word ‘photography’ at the end of your search. For example, if you are making a butternut squash soup, I would search ‘soup photography’



# STEP 2: LIGHTING

- Find the light! Natural light is always going to be our first choice. It's what makes those crisp, clean images that make people hungry when they see them! I find a window with soft light coming in (Even if it's in my bedroom) and I place my set up there, with a white foam board parallel to the window to really brighten it up.





# STEP 2: LIGHTING

- Natural light is a million times better for photos than artificial light is. BUT sometimes, the light just gets away from us
- When setting up artificial light, place the light a few feet away from your set up. Think of that light as the sun coming through the window! Light coming from one side, reflector (white foam board) on the other.



# STEP 3: STYLING YOUR DISH

- Bring out your Pinterest inspiration and get creative when setting up your styling materials!
- I love to use linens and loose ingredients to spice up my photos
- Layer your set up! Example: background, then your cutting board at an angle, linen and THEN your dish!
- You can also JUST use loose ingredients to style and make it look just as nice.
- Drips and mess ups are OKAY! Clean it up or make it work with your image



# STEP 4: TAKING THE PHOTO

- iPads typically shoot a tad dark
- I love shooting food in a “flatlay” style with iPhones and iPads
- Use the “touch and slide” technique when focusing for brighter, in-camera images! Hold the iPad over your set up and press on the darkest part of the image. Slide your finger up and down to adjust the brightness of your photo!
- If you must shoot from the side, make sure your iPad is parallel to the dish and you are pressing(focusing) on the food in your image. Make sure your iPad is making an “L” shape with your surface.

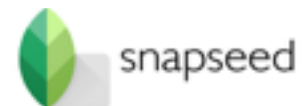
# DSLR BASICS

- F-Stop : The lower the number, the more blurred the background is! I keep it at 4-6.
- ISO : Crank it up, but not too far! The higher the number, the brighter the image. I keep it anywhere from 640-1000. I never go higher!
- Shutter Speed : How fast your shutter clicks. higher number = darker photo & faster shutter. Never go below 200! I adjust this the most.



# iPad EDITING TIPS

- I think making small adjustments to photos after they have been taken takes them to the next level! I love using the FREE app, Snapseed, to edit my iPad images.



- Open your image in Snapseed. Go to Tools. Tune Image (the very first icon option). Adjust the options to your liking. The key is to add a natural pop. Not to over-edit! I will show an example of how to use this app!



*g* & *q*

styling demo