

food photography tips



LIGHTING RECOMMENDATIONS

- Use soft natural light when possible - semi-overcast days work well
- Don't use direct or harsh lighting - use a white sheet to diffuse light if needed
- If you are photographing outside make sure you're in the shade
- Keep a white foam-core poster board to help reflect natural light back onto the subject

ELEMENTS OF A FOOD PHOTO

- Framing
- Geometry
- Layering
- Texture
- Color

STAGING TIPS

- Don't be afraid to get your hands dirty to move food around!
- Don't expect to be able to eat the food you're styling
- Buy extra ingredients for layering
- Best photos don't always sync up with recipe instructions or serving sizes
- Use smaller staging items (smaller bowls, plates, etc)