

Food Photography Tips: 16 Expert Ideas for Beginners — Checklist

Getting Started

- ☐ Place your dish near a window to use soft natural light
- ☐ Avoid using camera flash; use reflectors or foam boards instead

Composition & Styling

- ☐ Focus on sharp details like crispy edges or glossy sauces
- ☐ Use neutral backgrounds (white, gray, black, or textures like wood)
- ☐ Keep the frame clean; limit props to complement the dish
- ☐ Capture a story — sauce pouring, hands reaching, or scattered ingredients
- ☐ Experiment with angles: top-down, straight-on, and 45-degree
- ☐ Use the rule of thirds to balance your composition
- ☐ Use natural garnishes to enhance colors
- ☐ Style food with thoughtful props matching the vibe

Camera & Shooting

- ☐ Use a tripod for sharp, consistent shots
- ☐ Set ISO between 100 and 400 to reduce noise
- ☐ Use aperture f/2.8 to f/5.6 for shallow depth of field
- ☐ Shoot in manual mode for full control over exposure and focus

Adding Life

- ☐ Include human elements like hands or pouring drinks
- ☐ Use negative space to emphasize your subject

Editing

- ☐ Adjust white balance for accurate colors

- ☐ Fine-tune contrast and saturation to enhance vibrancy
- ☐ Sharpen key details without over-editing
- ☐ Keep edits natural and appetizing

Bonus Tips

- ☐ Try focusing on specific details that make viewers "taste" the photo
- ☐ Style shots with kitchen or dining props to add personality
- ☐ Invite someone to interact with the food for more dynamic photos

Remember: Practice and experimentation are keys to mastering food photography. Enjoy the process and let your creativity shine!