

5 Tips to Get Started in Food Photography



SO YOU WANT TO TAKE BETTER PICTURES OF YOUR FOOD?

You've come to the right place!

While I love taking photos of many things, food is by far my favorite.

Don't know where to begin? *Well the first step is to BEGIN.*

Food photography is accessible to anyone as long as you have a camera and a yummy plate of food!

If you've got the two above, then you're ready to start honing in on your photography skills and taking your food photos from okay to AMAZING.

Follow my 5 beginner tips below and follow me on socials for more tips!



TIP #1

LEARN YOUR LIGHT



Natural light is your friend. When it comes to taking good photos, I always recommend starting with a clear, unobstructed window and moving your food to and away from the window to see how natural light works with your dish.

Extra tip: Skip the sun! Shooting on overcast days is the best!

TIP # 2

TRY DIFFERENT ANGLES



OVERHEAD



45 DEGREE



STRAIGHT ON

Depending on the kind of food you are shooting, shooting from different angles will either make or break the dish (not literally).

Try using these 3 simple angle tips for different food items!

Overhead: Also referred to as a "flat lay", this photo is taken from a 90-degree angle, looking straight down on top of the whole shot. This is great for dishes with no depth i.e. soups, oatmeal bowls, salads, etc.

45 Degree Angle: This angle is the angle we most often look at our food with- with the food slightly lower than our eye gaze. Use this angle for multi-dimensional shots with details i.e. pasta shots, stews, quiches, etc.

Straight On: Think of looking at your dish from the same plane, your eye line parallel with the plate. This angle is best used for dishes with height and vertical aspects i.e. stacks of pancakes or cookies, yogurt parfaits, sandwiches, pour shots, etc.

TIP # 3

MAKE IT MESSY



Do you know what's worse than banana bread? Uneaten banana bread! It's one thing to make a good dessert, but making it look untouched makes it look less realistic and too clean to be touched or eaten.

Food is meant to be eaten by humans, and humans are messy. Cut a slice, leave some crumbs, take a bite out of a cookie, smear and add extra dollops in a way that looks like the food is actually enjoyable!

TIP # 4

ADD MOVEMENT



Food is moveable and adding movement to a shot makes it actionable, engaging, and captivating.

Drizzle, drip, pour, and pull your favorite parts of dishes to highlight movement and interaction with the food.

Incorporating hands is also a great way to incorporate movement i.e. have someone reach for a cookie, slice into cake, holding an ice cream cone, etc.

TIP # 5

MAKE MULTIPLES



Why have one when you can three? Our eyes love seeing things in multiples and patterns, for both food and props.

Aim for multiples when shooting, (odd numbers are better than even), with servings, stacked plates, glasses, multiple serving utensils, and even hands!

Want to learn more?



Want even more tips? You're my kind of photographer. (YES, YOU'RE A PHOTOGRAPHER!)

Email me at soleil@soleilroth.com to learn more about consultation and collab packages - and follow my socials on the following page for more insider tips.

I always want my teachings and resources to be accessible to everyone at every budget so reach out and let's make it work together!

Last but not least, remember that photography is meant to be fun, creative, and limitless. It is yours to own, your style to create, your vision, and your photos at the end of the day!

Hope you learned something new and enjoyed these tips!

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