



# Keep inspiring ■■■ Food photo success



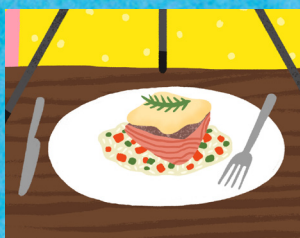
## 1 Choose your angle

Images taken slightly raised and to the side give the plate depth, while those taken from directly above for a 'flat lay' approach give a different look. Experiment with angles with different dishes.



## 2 Props

The selection of props that go along with your food can say a lot about the dish itself. What sort of glass you have, the cutlery and, of course, the plate are all part of the story.



## 3 Presentation

Pay attention to how food is arranged on the plate – think of it as a composition within your composition. It needs balance and visual interest and each item of food needs to look its best.

Make meals look amazing with ease using our **Nikon Quickstart cheat sheet for food photography**



## 4 Natural light

Using natural light from the side is great for food photography. Bright but cloudy conditions diffuse the light and stop harsh shadows. You can also use a piece of white cardboard as a reflector opposite the window.



## 5 Backgrounds

Backgrounds, such as the table, set a mood. The material of the table top and colour of a tablecloth, if you're using one, all send different signals about the plate of food.



## 6 Pick a detail

Go in for a detail that really brings the food alive. Move the dish around to see how the light hits individual elements on the plate differently.

Food lenses: three of the best for any budget



**Beginner's choice**  
NIKKOR Z 50mm  
f/1.4



**Pro choice**  
NIKKOR Z MC 50mm  
f/2.8



**DX choice**  
NIKKOR Z DX 18-140mm  
f/3.5-6.3 VR

