

LIGHTING GUIDE: 5 EASY LIGHTING SETUPS FOR STUNNING FOOD PHOTOGRAPHY

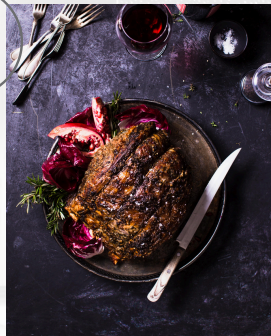
1. Natural Light: Best for authentic, fresh looks. Position your setup near a large window to utilize soft, diffused light.
2. Artificial Light: Use soft boxes for consistency. They help in controlling the light direction and intensity.
3. Side Lighting: Creates depth and texture. Ideal for highlighting the details of the food.
4. Backlighting: Adds a dramatic effect. Perfect for beverages and translucent foods.
5. Reflectors and Diffusers: Use reflectors to bounce light and fill shadows. Diffusers help in softening harsh light.

1



<https://reganbaroni.com/blog/food-photography/natural-light-food-photography-tips/>

2



<https://visualeducation.com/natural-light-food-photography-tips-for-photographing-food-at-home/>

3



<https://thebiteshot.com/natural-looking-artificial-light-setup-for-food-photography/>

4



<http://beascookbook.com/become-a-student-of-light-backlight/>



SEE MORE EXAMPLES HERE!

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