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A COLLECTION OF THE BEST INSTAGRAM FOOD HASHTAGS



(<https://hangrywoman.com/author/admin/>)

Mila Clarke Buckley

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✉ [@TheHangryWoman](https://www.instagram.com/thehangrywoman)(<https://www.instagram.com/thehangrywoman>)

📅 December 2, 2019(<https://hangrywoman.com/2019/12/02/>)

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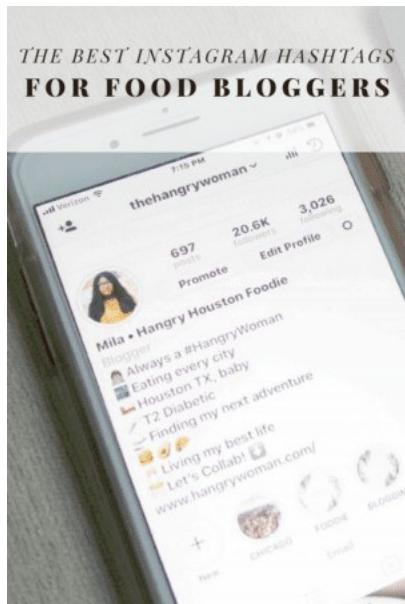
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Update: I have gotten so much feedback from you guys on this post about the best Instagram food hashtags and how well it works!

I've added some new categories below that have helped me score up to 30,000 impressions on my **posts** (<https://www.instagram.com/thehangrywoman/>) pretty incredible!

I'm asked all of the time how I grow my audience on Instagram and find new people to follow and people to follow me.

Hashtags are a big part of my strategy on Instagram because they really do work! I'm here to deliver the best Instagram food hashtags.

Something that I've noticed lately is that my own impressions had been dropping. I tried focusing in on researching the best hashtags so my posts could be seen by the most people.

How many hashtags should I use on Instagram?

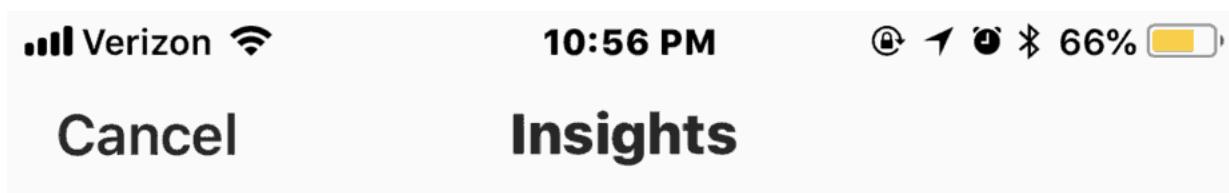
On Instagram, you can use up to 30 hashtags on your post, and the possibilities are endless. As of September 2016, I recommend using 15-20 hashtags. Instagram seems to limit your post reach, and it looks spammy.

You should still use high and low volume hashtags to get the best chance of ranking on the "top posts" page for the tags you're using.

Does it matter whether you put hashtags in your caption or comments?

Some people will say it matters where you stick your hashtags, but in my experience, it made a huge difference. Tags in my caption are better than tags in my comments. I'm so serious. (quite honestly, I prefer the comments section because when someone embeds your post, it keeps everything nice and organized.)

Let's take one of my posts with the worst performance from the last month. I love this as an example. This post had my lowest interactions, but a good portion of those impressions came from hashtags – most of the people who saw it was not actually people who followed me.



Interactions

29

Total taps on your post or profile

Profile Visits

29

Discovery

8,358

Accounts reached

76% weren't following you

Follows

3

Reach

8,358

Impressions

10,239

From Home

8,032

From Profile

1,487

From Hashtags

478

From Other

242

This is where your post was seen the most. It got the most impressions from Home, Profile and Hashtags.

What do these mean?

Using proper hashtags does work, and it gives you a little bit of an advantage in terms of impressions. It helps your posts get seen by people who are naturally looking for them and gives you the potential to reach a wider audience.

Additionally, now that you're able to follow hashtags on Instagram, people following a hashtag, but not you, may start to see your posts.

One note to you is that you need to choose your tags carefully. Posting a fashion post on a food hashtag isn't going to garner you to be targeted, and they need to be relevant to the tag feeds people are following.

You should also consider posting on low competition tags – meaning, if you post on a tag that has 500 million photos, you're likely combination of highly posted tags, and ones that are less used to maximize your visibility.

So, maybe I should stop talking, and get to what you came for! I've used all of these tags in some form or another. Hopefully, they with.

Tips for finding hashtags

Finding hashtags is easy. You can search through platforms to see what's already being used.

You can also use apps to get ideas about hashtag groupings that may pair well, and help your posts gain more reach.

GENERAL FOOD HASHTAGS

```
#cleanfood
#dinner
#foodlover
#foodgasm
#foodiefeature
#foodpic
#dessert
#eat
#tasty
#hungry
#hangry
#yum
#eeeeeeats
#breakfast
#lunch
#nomnom
#foodpics
#foodblogger
#foodphotography
#foodies
#forkyeah
#homemade
#homecook
#foodblog
#foodgram
#healthyfood
#chocolate
#foods
#vscofood
#yummy
#tastethisnext
#foodlover
```

FOOD PHOTOGRAPHY HASHTAGS

```
#foodgasm
#yum
#igfood
#foodgram
#hungry
```

#foodspotting
#forkyeah
#thekitchn
#nomnom
#foodshare
#beautifulcuisines
#vscofood
#f52grams
#foodforfoodies
#foodpic
#foodblogger
#foodphotography
#foodpics
#foodphoto
#eeeeeeats
#onthetable
#foodlover
#foodblog
#foodies
#buzzfeast
#foodstyling
#hangrywoman
#onmytable
#beautifulcuisines
#f52grams
#buzzfeast
#thekitchn
#lifeandthyme
#vscofood
#heresmyfood
#yahoofood
#huffposttaste
#food52
#foodandwine
#foodphoto
#hautecuisines
#feedfeed
#onthetable
#foodphotography
#bareaders
#rslove
#foodgawker
#foodvscoco
#gloobyfood
#foodwinewomen
#eeeeeeats
#foodart
#foodblogger
#tastemade
#vscocook
#instafeast

BREAKFAST HASHTAGS

#tasty
 #breakfast
 #morning
 #foodgasm
 #eatbreakfast
 #eggs
 #yum
 #foodpic
 #delish
 #healthybreakfast
 #homemade
 #pancakes
 #foods
 #hungry
 #smoothie
 #fruit
 #oatmeal
 #oats

BRUNCH HASHTAGS

#avocado
 #lunch
 #brunch
 #Brunching
 #SaturdayBrunch
 #egg
 #sundaybrunch
 #bacon
 #eggsbenedict
 #pancakes #yum
 #sandwich
 #brunchlife
 #brunchbunch
 #brunchtime
 #breakfast
 #brunchparty
 #brunchclub #brunching
 #brunchgamestrong
 #frenchtoast
 #ladieswhobrunch
 #BottomlessBrunch
 #healthybrunch
 #ilovebrunch
 #birthdaybrunch
 #brunchdate
 #instabrunch

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LUNCH HASHTAGS

#foodpic
 #yum
 #lunch

#hungry
#foodgasm
#foodpics
#tasty
#lunchtime
#foods
#eat #instalunch
#fresh
#delish
#salad
#lunchideas
#whatsforlunch
#eating
#lunchbox #lunchbreak
#cafe
#healthylunch
#lunchdate
#sundaylunch
#cooking
#chicken
#cheese

DINNER HASHTAGS

#tasty
#eating
#dinner
#hungry
#dinnertime
#dinnerfortwo
#healthydinner
#familydinner
#winnerwinnerchickendinner #romanticdinner
#dinnerdate
#dinnerideas
#birthdaydinner
#vegandinner #dinnerisserved
#itswhatsfordinner
#dinnerparty
#whatsfordinner
#breakfastfordinner
#homemadedinner

ASIAN CUISINE HASHTAGS

#aroi
#asiancuisine
#asianfood
#chinesefood
#comfortfood
#dimsum
#khmerfood
#ngonqua #noodlelift
#ramen
#rice

#soup
#streetfood
#thaifood
#vietfood
#vietnamesefood
#spicy
#thairestaurant #thaicuisine
#thai
#noodles
#pork
#dumplings

BURGERS & FRIES HASHTAGS

#bacon
#beef
#burger
#burgerlife
#burgerlove
#burgerlovers
#burgerporn
#burgers
#burgertime
#burgraphy #cheeseburger
#fries
#hamburger
#instaburger
#meat
#frenchfries
#fastfood
#pommes #poutine
#sweetpotatofries
#chips
#sweetpotato
#potato
#eataburger
#hamburger
#bestburger
#burgersandfries
#veggieburger

ITALIAN FOOD HASHTAGS

#italianstyle
#pasta
#cena
#Loveitalianfood
#pranzoitaliano
#mozzarella
#italian
#cucina
#pizza
#italianfoodies #italiancuisine
#pranzo
#buonappetito

#italyfood
#spaghetti
#italianfood
#bestitalianfood
#yummyitalianfood
#diarioalimentare
#ciboitaliano #giallozafferano
#foodpost
#italianfoodtraditions
#pomodoro
#italianfoodbloggers
#italyfoodporn
#cucinandoarte
#italianfoodisthebest
#realitalianfood
#cheese

JUNK FOOD HASHTAGS

#junkfoods
#thejunkfoodclub
#nationaljunkfoodday #americanjunkfood
#realjunkfoodproject
#favoritejunkfood
#eatingjunkfoodagain
#junkfood
#veganjunkfood
#junkfoodmadehealthy
#bringmejunkfood
#junkfoodie #junkfoodjunkie
#ilovejunkfood
#junkfoodfordinner
#healthyjunkfood
#junkfoodfriday #cheatday
#cheatmeal

MEXICAN AND TEXMEX FOOD HASHTAGS

#ilovemexicanfood
#guacamole #texmex
#burrito #taco #tacos
#tacotuesday
#mexicanfoodisthebest
#fajitas
#salsa
#mexicanfoodporn #mexicanfoods
#nachos
#veganmexicanfood
#tequila
#mexicanfood
#mexicanfoodpics
#allthemexicanfoodplease #mexicanfoodie
#mexicanfoodlover
#mexicanfoodislife
#spicyfood

#mexicanfoodstagram
#mexicanfoodstagram
#mexicanfoodmyway

SEAFOOD HASHTAGS

#paella
#lobster
#restaurant
#oysters
#mussels
#salmon
#fish
#scallops
#crab
#octopus #seafoodlover
#iloveseafood
#sushi
#tuna
#squid
#seafood
#shrimp
#shellfish
#seafoodie
#seafoodgalore
#clams
#rawseafood
#seafoodsaldad
#seafoodrestaurant
#seafoodbasket
#seafoodplatter
#instaseafood
#freshseafood

HEALTH CONSCIOUS HASHTAGS

#rawvegan
#veganfoodshare
#veganlife
#govegan
#crueltyfree
#vegansofinstagram
#veganfood
#glutenfree
#whatveganseat
#veganfoodporn #vegetarian
#dairyfree
#veganism
#cleaneating
#organic
#plantbased
#vegansofig
#bestofvegan #fruit
#healthyfood
#paleo
#raw

#rawfood
#veganlifestyle
#wholefoods

MAGAZINES

#feedfeed #f52grams #huffposttaste #buzzfeast #insiderfood

KETO & LOW CARB DIET

#keto #fitness #healthy #weightloss #health #weightlossjourney #healthylifestyle #fitfam #lowcarb
#healthyfood #ketodiet #motivation#food #lchf #ketosis #ketogenic #ketogenicdiet #workout #nutrition#diet #ketolife #fitne
#weightlosstransformation #hangrywoman #lowcarbhighfat #ketolifestyle #lowcarbdiet

Do you have any **Instagram food hashtags** (<https://hangrywoman.com/blogging-social-media/>) you like to use to show comments below!



**Healthy meals,
quick and
easy!**

Want more ideas like the one you've seen here? Share your email for a meal prep guide!

LET'S GO!



Share:



Mila Clarke Buckley



Mila Clarke Buckley is diabetes patient advocate with Type 1.5 Diabetes (LADA), and the founder of The Hangry Woman blog, which shares advice on living with all types of diabetes. HangryWoman.com covers topics like diabetes management, shame and stigma, cooking, and self-care from a chronic condition. Mila's work has been featured by The New York Times, Healthline, WebMD, GE, Health and Diabetic Living Magazine.

14 Responses

Fitness health forever says:

December 29, 2020 at 5:56 am (<https://hangrywoman.com/a-collection-of-the-best-instagram-food-hashtags/>)

What a blog, I really like to thank blog author for the wonderful post. Thanks for sharing.

[Reply](#)

Jennifer (<https://infoincanada.com/best-restaurants-in-brampton/>) says:

September 25, 2020 at 5:52 am (<https://hangrywoman.com/a-collection-of-the-best-instagram-food-hashtags/>)

Hi

To be honest your article is informative and very helpful. After i saw your site and i read it and it help me a lot .
Thanks for share your kind information.

[Reply](#)

riya says:

March 26, 2020 at 8:08 am (<https://hangrywoman.com/a-collection-of-the-best-instagram-food-hashtags/>)

Thank you very much for writing the post, really your post is very helpful, such posts do not always get to be seen, I am very lucky that I found your post and I read

[Reply](#)

selena jacque says:

December 19, 2019 at 5:53 am (<https://hangrywoman.com/a-collection-of-the-best-instagram-food-hashtags/>)

Thanks for this info.

[Reply](#)

Britta (<http://www.soultosoulfriends.com>) says:

April 20, 2019 at 10:14 am (<https://hangrywoman.com/a-collection-of-the-best-instagram-food-hashtags/>)

Awesome, thank you so much! 😊

That is truly amazing.

[Reply](#)

Dom N' The City (<http://www.domntheCity.com>) says:

November 16, 2018 at 7:30 am (<https://hangrywoman.com/a-collection-of-the-best-instagram-food-hashtags/>)

Great hashtags. I have a lost I have composed as well that helps

[Reply](#)

Chef Michelle says:

August 31, 2018 at 8:41 am (<https://hangrywoman.com/a-collection-of-the-best-instagram-food-hashtags/>)

Your awesome to share I am a North Houston Catering business that has been in Business for 20 yrs. (VERY BLESSED!) And sadly am behind in the social media platforms you need to get with the times....(They) are right (I Do!) But running my business was my focus to be successful....Marketing truly is key, but I have been 1 thousands of clients both Corporate, and Private....(some who have been my customers for 10, 12, 15 yrs mind you ?).... But In addition to those 20 yrs I was also busy....

Today, ("thank you" Lord because I'm getting old) they are Educated enough to help me build my social platforms and presence..... as we ALL know that is where the

Everyone is picking up their phones (or if at work) looking on their computer for the next "Hot" thing idea, trend, or in my case food!....Long story short I looked up following) and ur beautiful artical came up.....I truly look forward to potentially using your advice because I am on a budget and my accounting is only allowing us

That was the other thing....With there being so many "platforms" it was to hard for me to keep up....and that was my #1 reason it took me so long to move forward get a cell phone and he passed at 64yrs. Old.... that was 5yrs ago!!) Sometimes things are just best left untouched....?

Look me up when your free... They call me Chef Michelle the name of my business is "Catering To Your Taste Buds". We have not published the Facebook page as o working on the Catering To Your Taste Buds Instagram page (hence the looking up of hashtags which we will add to the pics.)now u mentioned to keep it polished have so many pics. Over the yrs we have been in the business and it is so hard to pick and choose which ones to use because we are different from a restaurant...
Reply
I thank you for your article....I am sorry I rambled but God Bless you!

Nour says:

August 16, 2018 at 2:47 pm (<https://hangrywoman.com/a-co>)

This is awesome! Thanks for sharing these great hashtags 😊

Reply

Meredith says:

May 2, 2018 at 5:22 pm (<https://hangrywoman.com/a-co>)

Thanks for sharing this!

Reply

Celeste Wright (<https://hellocel este.com>) says:

May 1, 2018 at 2:50 pm (<https://hangrywoman.com/a-co>)

Thanks for sharing your insights. It's always interesting to see.

Reply

Emily (<http://emilyswings.com>) says:

May 1, 2018 at 12:06 pm (<https://hangrywoman.com/a-co>)

These are great! I'm always looking for new hashtags to get my posts farther!

Reply

adriana says:

April 30, 2018 at 10:05 pm (<https://hangrywoman.com/a-co>)

OMG this is such a great guide! I love this – some of these hashtags I've never heard of, they'll be great to implement into some posts! Thank you for this!

Reply

Aditi Wardhan Singh (<https://raisingworldchildren.com/2018/04/30/my-meaning-of-im-sorry/>) says:

April 30, 2018 at 4:24 pm (<https://hangrywoman.com/a-co>)

Wow! Yo ucertainly hit the nail on this one. Have to wsave this for future referece. Sharing with my editorial team. at RWC ezine.

Reply

Candice (<http://thismamaloveslife.com>) says:

April 30, 2018 at 1:30 pm (<https://hangrywoman.com/a-co>)

Good hashtags to know! I'll definitely save this for when I post some foodie pics!

Reply

Leave a Reply

Your email address will not be published. Required fields are marked *

Comment

Name *

Email *

Website

Save my name, email, and website in this browser for the next time I comment.

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Hi! I'm Mila.

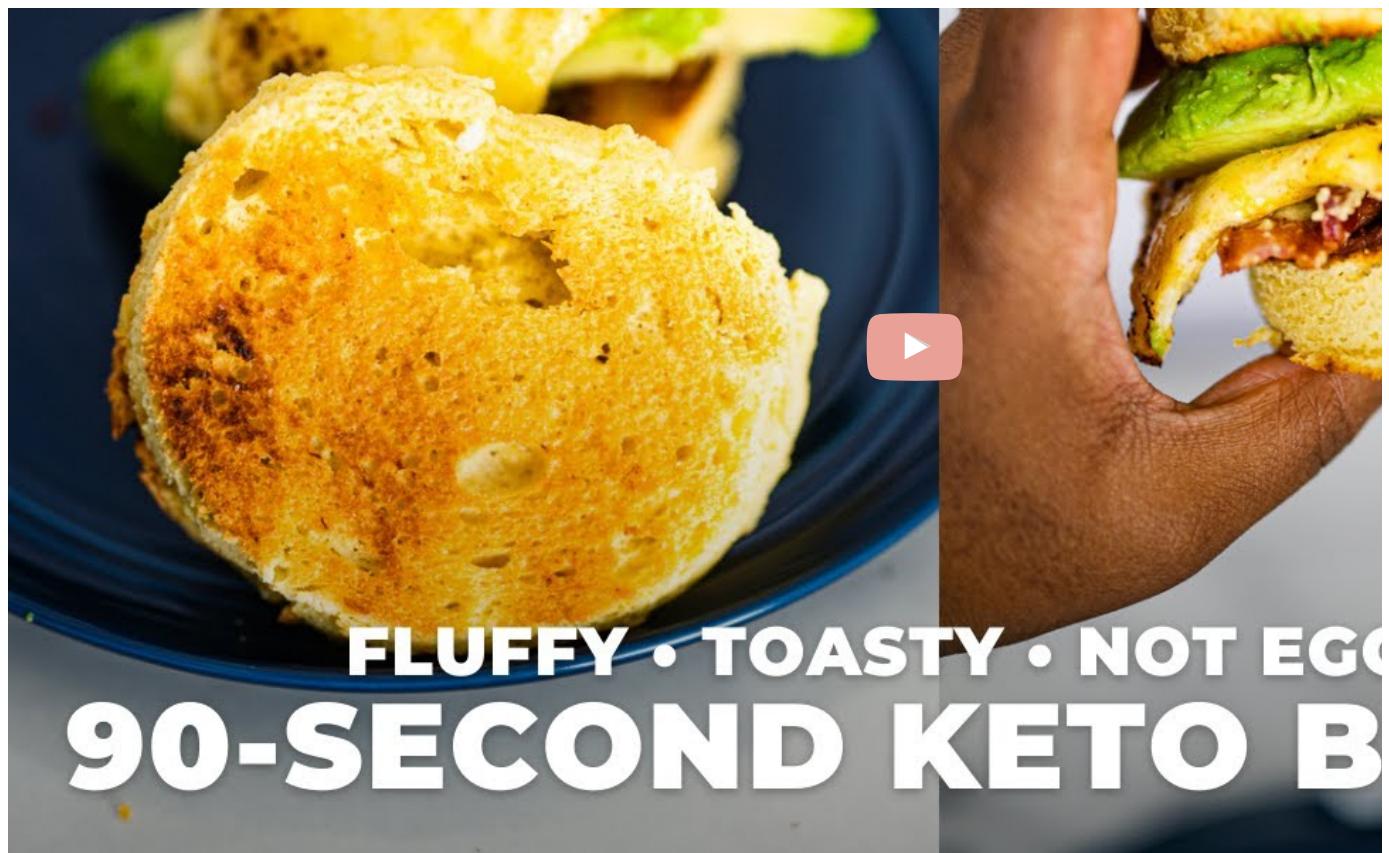
I'm a millennial woman living with **LADA** (<https://hangrywoman.com/my-diabetes-misdiagnosis/>) after a **type 2 diabetes** (<https://hangrywoman.com/with-type-2-diabetes/>) misdiagnosis. I love food, travel and my kitchen!

Hangry Woman is for **anyone** with diabetes – regardless of type.

I'm here to help you live your best life possible diabetes by showing you how to create easy, simple, **delicious meals** (<https://hangrywoman.com/meal-ideas/>)

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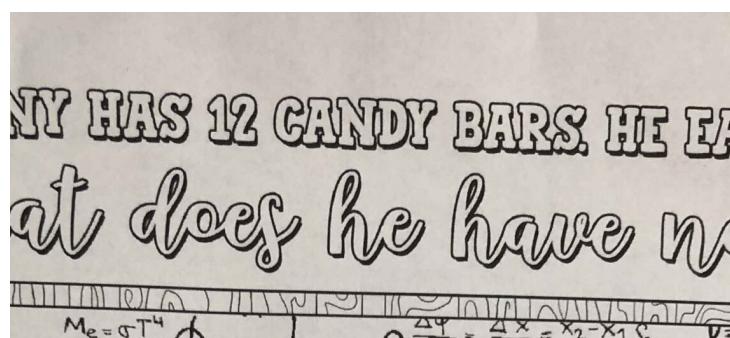


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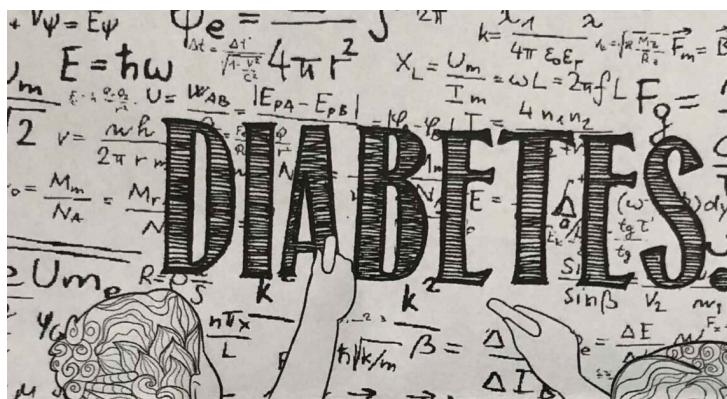
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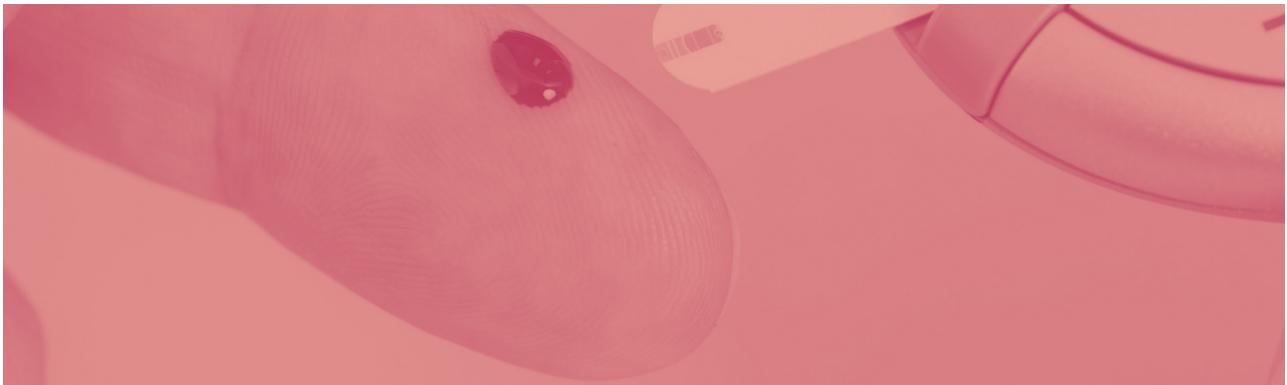
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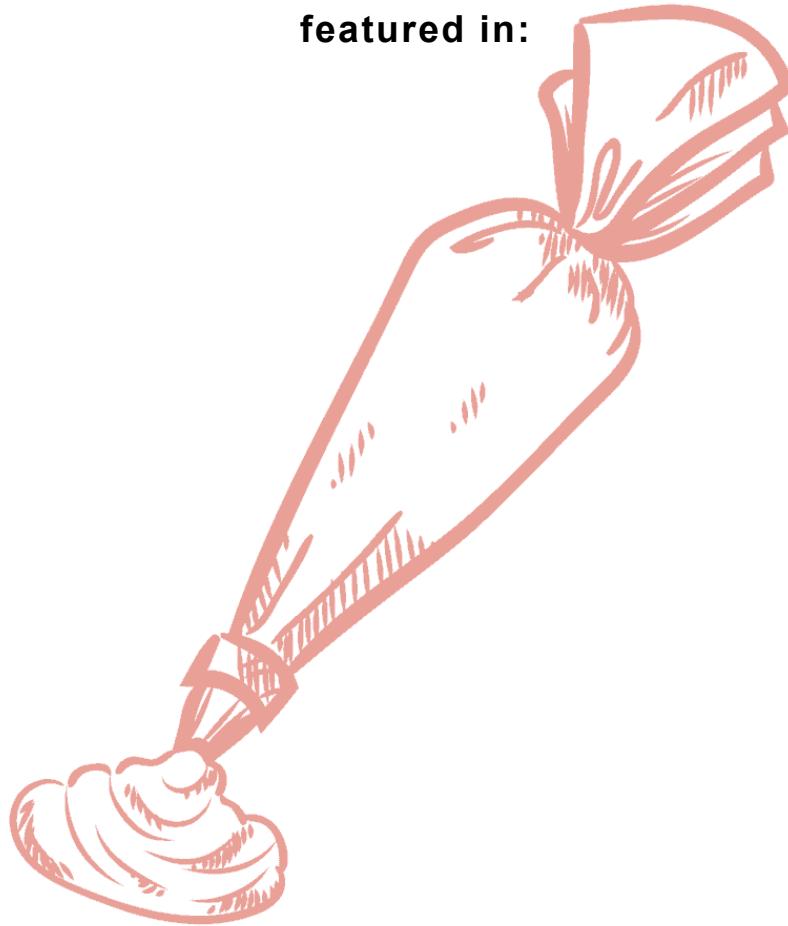
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