

Photography Cheat Sheet: Mouth-watering Café Food Pics on Phone

Transform your food photos from amateur to professional

In this course, you'll learn:

- How to master your phone camera settings
- Lighting techniques for appetizing food photos
- Composition strategies that make food look irresistible
- Food styling secrets from professionals
- Post-processing tips to enhance your images
- Social media best practices for maximum engagement



Mastering Your Phone Camera

Camera Settings

Use apps like Lightroom mobile for more control over ISO, shutter speed, white balance, and manual focus.

Shoot in RAW/DNG

Higher quality and more editing range than JPEG. Essential for professional-looking results.

Keep ISO Low

Stay below 100 when possible to reduce noise. Use a tripod for stability with longer shutter speeds.

Clean Your Lens

Always wipe your phone lens before shooting to avoid foggy, blurred images.



Lighting - The Key Ingredient

Natural Light is Best

Position your food near a window with indirect sunlight. Morning or late afternoon light creates beautiful soft shadows.

Diffuse Harsh Light

Use a white sheet, parchment paper, or professional diffuser between the window and food to soften direct sunlight.

Avoid Flash

Phone flash creates harsh shadows and unnatural colors. If natural light isn't available, use continuous artificial lighting.

Control Reflections

Use white or black cards to bounce light or create shadows for dimension and texture.



Composition for Drool-Worthy Shots

Rule of Thirds

-  Enable gridlines on your phone and place key elements along the intersections for balanced, eye-catching compositions.

Flat Lay Photography

-  Shoot directly from above for Instagram-friendly overhead shots. Use a phone holder to keep your device steady and hands-free.

Creative Angles

-  Try 45-degree angles or eye-level shots to showcase texture and dimension. Experiment with different perspectives.

Portrait Mode

-  Use your phone's portrait mode for a professional depth-of-field effect, but be careful with glass objects which can cause ghosting.



Styling Your Food

Props & Backgrounds

Choose props that complement your food without stealing attention. Neutral backgrounds like wood, marble, or linen work best for most dishes.

- Simplicity is Key

Less is more. Remove distracting elements and focus on the hero dish. Negative space helps draw attention to your subject.

Tell a Story

Create a narrative with your composition. Show the process, ingredients, or context that makes the dish special.

Details Matter

Add fresh herbs, a sprinkle of spices, or a drizzle of sauce just before shooting. These final touches bring your food to life.



Post-Processing on Your Phone

Essential Editing Apps

- 1 Lightroom Mobile offers professional control while Snapseed provides powerful tools with an intuitive interface.

Basic Adjustments

- 2 Start with brightness, contrast, and white balance. Then fine-tune highlights, shadows, and vibrance to make colors pop.

Selective Adjustments

- 3 Use brush tools to selectively enhance specific areas of your food. Brighten the main dish or increase saturation of colorful elements.

Know When to Stop

- 4 "You can never make a bad picture good by using post-production, but you can always make a good picture better."



Social Media Best Practices

一致性 in Style

Develop a recognizable aesthetic with consistent colors, lighting, and composition to build a cohesive feed.

Strategic Hashtags

Use a mix of popular and niche hashtags (15-30) to increase discoverability. Research trending food photography tags.

Engaging Captions

Tell the story behind the dish, include recipe highlights, or ask questions to encourage comments and interaction.

Optimal Posting Times

Post during peak engagement hours (typically 11am-1pm and 7pm-9pm). Analyze your audience insights for personalized timing.



Conclusion & Next Steps

Key Takeaways

-  Master your phone's camera settings for maximum control
-  Natural light is your best friend for appetizing food photos
-  Thoughtful composition makes food look more appealing
-  Edit with purpose, but know when to stop

Further Resources

Continue your learning journey with our advanced courses on food styling, restaurant photography, and social media marketing.

Remember: Practice makes perfect! The more you shoot, the better you'll get.

