

# MY FOOD COMPOSITION & STYLING TIPS

## MY CHEAT SHEETS

NEGATIVE  
SPACE

FOOD  
SPILLS

COLOR THEORY

|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  R 100<br>P 100<br>B 100  |  R 100<br>P 100<br>B 100  |  R 100<br>P 100<br>B 100  |  R 100<br>P 100<br>B 100  |  R 100<br>P 100<br>B 100  |  R 100<br>P 100<br>B 100  |
|  R 100<br>P 100<br>B 100 |  R 100<br>P 100<br>B 100 |  R 100<br>P 100<br>B 100 |  R 100<br>P 100<br>B 100 |  R 100<br>P 100<br>B 100 |  R 100<br>P 100<br>B 100 |

PROPS

REPEAT

RULE OF ODDS

TRIANGLE

LAYERS

DIAGONALS

TEXTURE



CONSULTING THE RULES OF  
COMPOSITION\* BEFORE TAKING A  
PHOTOGRAPH, IS LIKE CONSULTING  
THE LAWS OF GRAVITY BEFORE GOING  
FOR A WALK.

EDWAR WESTON



\*ALL THE TIPS HERE ARE MY PERSONAL PREFERENCES & I'M NOT TELLING YOU TO FOLLOW THESE. PHOTOGRAPHY IS VERY SUBJECTIVE, AND EVERYONE HAS THEIR STYLE. THINK OF IT LIKE FASHION OR INTERIOR DESIGN. SOME PEOPLE LIKE SOME JEANS OR HATS OTHERS DON'T LIKE THEM. SOME PEOPLE LOVE SOME CURTAINS OR CHAIRS OTHERS DON'T. IN THE END, ALL YOU WOULD DESIRE TO DO IS TO DEVELOP YOUR STYLE THAT MAKES YOU HAPPY. :)

HEALTHY LAURA

ENJOY THE JOURNEY\* AND TRY TO  
GET BETTER EVERY DAY. AND DON'T  
LOSE THE PASSION AND THE LOVE  
FOR WHAT YOU DO.

NADIA COMANCI



YEAR 2015



SAME  
CAMERA !!!

YEAR 2017



I DON'T KNOW EVERYTHING. FAR FROM THAT. I LIKE TO THINK THAT I'M AT THE BEGINNING OF  
MY FOOD PHOTOGRAPHY JOURNEY. I STILL HAVE SO MUCH TO LEARN AND I ENJOY THE  
PROCESS! I JUST SHARE MY TIPS THAT MANY OF MY READERS HIGHLY WANTED TO KNOW.

HEALTHY LAURA

NEGATIVE SPACE

NEGATIVE  
SPACE



PROVIDE "BREATHING ROOM"



NEGATIVE  
SPACE



CONCENTRATE ON THE GAPS  
BETWEEN AND AROUND THE  
MAIN SUBJECT

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# MAKE A MESS

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CLASSIC EXAMPLE:  
BREADCRUMB OR  
OTHER FOOD SPILLS ON  
THE TABLE.

PUT SOMETHING FROM  
REAL LIFE TO THE  
IMAGE.

IMPERFECT IS JUST  
PERFECT.





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## BUILD LAYERS

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DEPTH + INTEREST

HEALTHY LAURA

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## GARNISH

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CHILI  
FLAKES



BLACK  
PEPPER



MINT



USE THE SAME FOOD THAT IS ALREADY INSIDE THE  
DISH



FLOWER  
PETALS



SESAME  
SEEDS



APPLE  
SLICES



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## PROPS

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NEUTRA OR  
INTERESTING  
TABLEWARE

## FOOD AS PROP





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## THE RULE OF THIRDS

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BROKE THE IMAGE  
INTO NINE EQUAL  
SQUARES

PLACE THE SUBJECT ALONG  
THESE VERTICAL LINES OR  
AT THEIR INTERSECTIONS  
("SWEET SPOTS").\*

ON THIS IMAGE, I FOLLOW THE RULE ONLY WITH ONE  
ELEMENT (SPOON). THE PLATE SHOULD BE A LITTLE BIT  
MORE DOWN FOR THE RULE OF THIRDS.



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## LESS IS MORE

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WHEN YOU HAVE  
FINISHED STYLING,  
THEN START TAKING  
THINGS AWAY

ONLY THREE PROPS (BACKGROUND, SPOON  
AND ROSE PETALS SPRINKLE



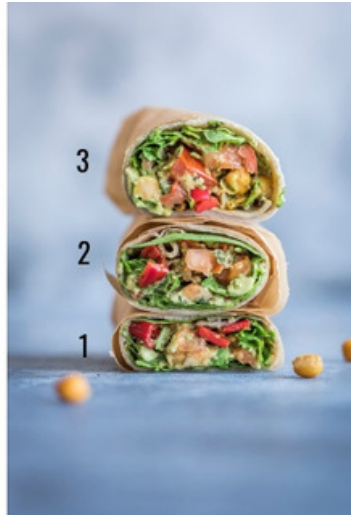
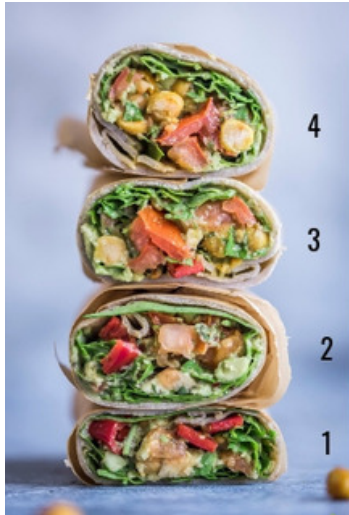
LESS FOOD ON  
THE PLATE



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## THE "RULE" OF ODDS

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USE THE ODD  
NUMBER OF  
ELEMENTS SUCH  
AS 3, 5 OR 7.

FOR EXAMPLE, USE THREE ELEMENTS INSTEAD OF FOUR

PLACE THREE SUBJECTS  
VERTICALLY



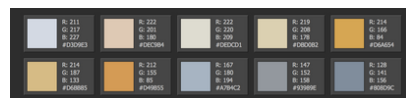
PLACE THREE SUBJECTS  
SIDE-BY-SIDE



## MATCH THE COLORS



### USE COLOR THEORY



CHOOSE YOUR COLOR HARMONY  
BETWEEN MONOCHROMATIC,  
ANALOGOUS, TRIAD,  
COMPLIMENTARY, COMPOUND OR  
SHADES

BACKGROUNDS:  
NEUTRAL (WHITE,  
GREY, BLACK, BROWN)  
OR SAME COLOR WITH  
FOOD



LOOK AT THE ADOBE COLOR WHEEL TO FIND YOUR COLOR PALETTE  
([HTTPS://COLOR.ADOBE.COM/CREATE/COLOR-WHEEL/](https://color.adobe.com/create/color-wheel/)).

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# TRIANGLE SHAPE

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PLACE YOUR  
FOOD IN A  
TRIANGLE SHAPE

GIVE SOME  
DIRECTION IN A  
MORE AGGRESSIVE  
WAY



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# DIAGONALS

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LOOK FOR LEADING  
LINES

CREATE A DIAGONAL  
SHAPE





FILL THE FRAME



CROP  
ELEMENTS  
→

DETAILS  
←

GET CLOSER

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## CIRCLES

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USE DIFFERENT SIZES OF  
CIRCLES



REPEAT THE CIRCLES

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## TEXTURE

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CREATE  
PATTERNS TO  
GET PEOPLE'S  
INTEREST

HANDMADE BACKDROP (FLOOR  
TILE & PAINT)



GET THE  
CONTRAST  
WITHIN THE  
TEXTURE ITSELF

TOWELS





REPEAT ELEMENTS

REPEAT  
BERRIES  
→

REPEAT BOWLS  
→

REPEAT  
SPOONS  
←

REPEAT ROSE  
PETALS  
←



MAKE A STATEMENT BY REPEATING  
CERTAIN ELEMENTS AGAIN AND AGAIN



**FOOD STYLING: MY CHEAT SHEET**

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