INSTAGRAM IMAGE SIZES

Resize any image to Instagram's post, story, reel and profile sizes in your browser, with the bands where buttons and captions usually sit.

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WHAT SIZE SHOULD AN INSTAGRAM POST BE?

Instagram works at 1080 pixels wide: 1080 by 1080 for a square post, 1080 by 1350 for a portrait post, 1080 by 566 for a landscape post and 1080 by 1920 for stories and reels. The resizer crops or fits your image to any of them in your browser, shows the bands where the name, caption and buttons usually sit on stories and reels, and downloads a JPG or PNG.

INSTAGRAM SIZES

Format	Pixels	Shape
Square post	1080 × 1080	1:1
Portrait post	1080 × 1350	4:5
Landscape post	1080 × 566	1.91:1
Story or reel	1080 × 1920	9:16
Profile photo	320 × 320	1:1

BANDS TO KEEP CLEAR ON STORIES AND REELS

Format	Top	Bottom	Each side
Reel	14%	35%	6%
Story	14%	20%	6%

Meta publishes no single figure for these bands. These are cautious guides for where the name, the caption and the buttons usually sit; check on your phone.

EXPORT SETTINGS

- [ ] JPG for photos, PNG for designs with text.
- [ ] Export at the exact pixel size, so Instagram does not scale it.
- [ ] Start from an image at least as big as the format.

USE THE FREE IMAGE RESIZER

1. **Choose the image.** It opens in your browser and is never uploaded.
2. **Pick the format and the fit.** Fill and crop with a focus point, or fit the whole image on a background color.
3. **Download.** JPG for photos, PNG for designs with text, at the exact pixel size.

QUESTIONS PEOPLE ASK

What is the best size for an Instagram story or reel?
1080 by 1920 pixels, a 9:16 frame. Keep text and faces away from the top and bottom bands, where the name, the caption and the buttons sit.

Why is my photo cropped on Instagram?
The feed shows posts between 1.91:1 and 4:5. A taller or wider photo is cropped to fit, so crop it yourself first and choose what stays.

Is my image uploaded anywhere?
No. It is read and redrawn in your browser, and the download is made there too.

DO IT IN SECONDS, FREE

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