Packaging Smarts

Advice for better, smarter, more cost-effective packaging decisions

Get Ready for Changes in Nutritional Labeling

Recently, the Food and Drug Administration announced that it will be reviewing and revising the nutritional labeling requirements for food products. The objective is to make labels more user-friendly to consumers.



Nutrition Facts

Serving Size 1 cup (228g)
Servings per Container 2

Amount Per Serving

Calories 280	**Calories from Fat** 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 2mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For now, changes in labeling requirements are still in the distant future. The FDA will have hearings, and there will be a proposal and comment period prior to announcing any changes. Then there will be a grace period to allow manufacturers to run through old packages and get them through the distribution channels. But even though the changes are in the distant future, now is the time to begin planning for them.

Here is a checklist to help you prepare for label changes:

- ✓ **Stay Informed -** Watch the news to keep track of what label changes will be necessary, and when they take effect. As news emerges, you will receive future *Packaging Smarts* to keep you informed.

- ✓ **Manage Your Inventory** -If you take advantage of cost savings on packaging materials by buying large quantities - either domestic or offshore - watch your inventory, and manage it. You don't want to get stuck with a large quantity of film, labels, or bags that will not comply with the new regulations.

- ✓ **Make All Changes at the Same Time** - If you are considering graphics changes to your package or introducing new sizes of your product, try to time these changes with the new nutritional label changes. Artwork revisions and printing plates can be costly, so don't go through the process twice if you don't need to.

- ✓ **Do Your Research Early** -If you conduct research on new package designs, conduct it sooner rather than later. That way, when new labeling requirements are announced, you'll be ready to go into production.

- ✓ **Have Your Package Independently Reviewed** - Once you have developed new labeling information, have your labels reviewed by an independent third party with expertise in this area. The American Institute of Baking is an excellent resource for this review. You want be 100% sure that your labeling is accurate and compliant with all regulations before you print.

- ✓ **Contact Us** - Barrington Packaging Systems Group can advise you on all of your packaging needs. We can help you maximize your production efficiency with the right film, and can help you save money with vendor managed inventory programs.

Call us at (888) 814-7999 or email us at Sales@bpsgusa.com.