Thanksgiving 2012: Give 1 unit insulin for every 23 g carbs

Food Item	Serving Size	Carbs	Fiber	Portion Given (oz or g)	Carbs Given	Food Not Eaten (oz/g)	Carbs Not Eaten (Subtract from Carbs Given)	Total Carbs Eaten
Mashed Potatoes	1 oz	4.2 g	0.3 g					
Gravy	¼ cup	3 g	0 g					
Sweet Potato, edible portion	2.1 oz	12.4 g	2 g					
Brussels sprouts	1 sprout (2 halves)	1.5 g	0.75 g					
Kidney Beans	½ cup	20 g	6 g					
Dinner Roll	1 roll (1.2 oz)	18 g	0 g					
Pumpkin Pie	1/9th pie (4.4 oz)	37 g	3 g					
Smith Island Cake (no icing)	1/14th cake	49.5 g	1 g					
Smith Island Cake Icing	1/14th icing	33.4 g	1.7 g					
TOTAL MEAL CARBS:								