








# Seo Analyzer 30seconds.com

Generated on January 31 2022 23:41 PM

The score is 65/100



## SEO Content

	Title	30Seconds - Inspire and be inspired! <b>Length : 37</b> Perfect, your title contains between 10 and 70 characters.														
	Description	Inspire and be inspired! <b>Length : 24</b> Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.														
	Keywords	Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.														
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>locale</td><td>en_us</td></tr><tr><td>site_name</td><td>30Seconds</td></tr><tr><td>url</td><td>https://30seconds.com/</td></tr><tr><td>type</td><td>website</td></tr><tr><td>description</td><td>Inspire and be inspired!</td></tr><tr><td>title</td><td>30Seconds - Inspire and be inspired!</td></tr></tbody></table>	Property	Content	locale	en_us	site_name	30Seconds	url	https://30seconds.com/	type	website	description	Inspire and be inspired!	title	30Seconds - Inspire and be inspired!
Property	Content															
locale	en_us															
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type	website															
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title	30Seconds - Inspire and be inspired!															
	Headings	<table><thead><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr></thead><tbody><tr><td>0</td><td>68</td><td>0</td><td>0</td><td>0</td><td>0</td></tr></tbody></table> <ul style="list-style-type: none"><li>[H2] featured</li><li>[H2] Personal Resilience for Mental Health: 5 Habits to Support Well-Being During Times of High Stress</li><li>[H2] Sweet Heat Butter Bath for Corn Recipe: This Honey Corn Butter Bath Recipe Adds a Kick to That Cob</li></ul>	H1	H2	H3	H4	H5	H6	0	68	0	0	0	0		
H1	H2	H3	H4	H5	H6											
0	68	0	0	0	0											





## SEO Content

- [H2] 2-Ingredient Coconut Macaroons Recipe: Sweet 10-Minute Coconut Macaroon Recipe Satisfies Fast
- [H2] Filipino Adobo Chicken Recipe: Make This Easy Filipino Chicken Recipe for Dinner Tonight
- [H2] Easy Tuna Casserole Recipe: This Creamy Tuna Casserole Recipe Packs a Little Heat
- [H2] Best Chicken Parmesan Recipe: One-Pan Skillet Chicken Parmesan Recipe Is Ready in 25 Minutes
- [H2] super bowl® headquarters
- [H2] join 30seconds weekly newsletter
- [H2] popular on mom
- [H2] The Best Blankets: 12 Fabulous Blankets & Throws That Will Keep Your Warm This Winter
- [H2] Franchise Owners: 7 Ways Franchisees Can Recruit Successfully & Retain Top Employees
- [H2] Cold Weather & Pet Safety: Simple Tips to Help Keep Family Pets Warm in the Winter
- [H2] Rebuilding Relationships: 5 Ways to Connect Deeply Through the Pandemic & Beyond
- [H2] Kids Learning to Share: Parents, Are We Teaching Our Kids to Share the Important Things?
- [H2] Snow Coloring Pages: Free Printable Winter Snow-Themed Coloring Pages for Kids
- [H2] popular on dad
- [H2] When Your Kids Behave for Everyone Except You: One Dad's Thoughts on What It All Means
- [H2] Dad, Do You Play Enough With Your Kids? No? Here's Something to Think About
- [H2] Viral Video: Grandpa Accidentally Records His Own Reaction During Grandson's Proposal
- [H2] Good Men: Some "A" List Tips to Show Love & Support to Your Man
- [H2] 30 Fun Gifts for Football Fans, Fanatics, Enthusiasts (and Everyone In Between)
- [H2] Fatherhood at 40: A Thank You Letter to My Children (Just Because)
- [H2] popular on pregnancy
- [H2] Baby's First Checkup: 10 Things to Expect During Your Newborn's First Doctor Visit
- [H2] Pregnant at 40? Sometimes It's Best to Keep Your Opinions to Yourself (What Do You Think?)
- [H2] Pregnancy Glossary: 122 of the Top Pregnancy Terms Pregnant Parents Need to Know
- [H2] Learn to Love the Awkward Parts of Pregnancy (Bodily Functions & All)
- [H2] Baby Is the Size of a What?? Tracking Fetal Development in Pregnancy Weeks 4 - 40
- [H2] Pregnancy Weekly: Your Comprehensive Guide to Pregnancy From Week 1 to Week 40 and Beyond!
- [H2] popular on health
- [H2] Are We Reenacting "Groundhog Day?" 5 Ways to Break Out of the Time Warp Caused By the Pandemic
- [H2] Resolution Recharge: Pick One of These 5 Likeable Resolutions to Improve Your Health in 2022
- [H2] Narcissist Abuse: Because of My Daily Abuse From a Narcissist, Should I Seek Therapy?





## SEO Content

- [H2] Leaky Gut Syndrome: 5 Signs That You May Have a Leaky Gut (Some Symptoms Will Surprise You)
- [H2] What Is Psoriasis? 7 Facts About This Chronic Skin Condition
- [H2] Stroke Prevention Tips: 4 Lifestyle Changes to Start Today to Reduce Your Stroke Risk
- [H2] popular on food
- [H2] 5-Ingredient Butter Pecan Cookies Recipe: This Moist, Nutty Cookie Recipe Will Make You Smile
- [H2] Marry Me Chicken Recipe: This Creamy One-Pan Chicken Recipe May Get You a Proposal
- [H2] Holy Yum Chicken Recipe: This Easy Baked Chicken Thighs Recipe Just Works
- [H2] Ham & Broccoli Quiche Muffins Recipe: An Easy Protein-Packed Breakfast Recipe
- [H2] Vietnamese Chicken Pho Recipe: A Skinny Chicken Soup Recipe With Asian Flavors
- [H2] Minestra di Fabioli Recipe: This 6-Ingredient Italian Bean Soup Recipe Will Warm You Up
- [H2] popular on beauty
- [H2] Lipstick Tips: How to Get Ravishing Ruby Red Lips (the Classic Look Demystified)
- [H2] Winter Nail Health: 7 Tips to Keep Nails Healthier During Cold Months
- [H2] DIY Essential Oil Immunity Formula: Detox, Nourish & Activate With This Homemade Immunity-Strengthening Essential Oil Blend
- [H2] Get the Perfect Pout Lip Look: How to Create a Simple Matte Lip That Wows
- [H2] Cracked Feet Driving You Crazy? Here's a Simple DIY Remedy for Dry Skin
- [H2] Banana Face Scrub Recipe: How to Make a DIY Banana Sugar Scrub to Moisturize Your Skin
- [H2] popular on travel
- [H2] The Civil Rights Trail: Take a Walk Through History in Montgomery, Alabama: Rosa Parks, Martin Luther King, Jr.
- [H2] Traveling With Pets Checklist: A 9-Step Guide for Road Trips, Airline Travel & Train Travel With the Family Pet
- [H2] Buen Retiro Park in Spain: A Reminder That Life Is a Choice From an Artist in Madrid, Spain
- [H2] Elephant Adventures in Thailand: Play With Baby Elephants in Chiang Mai
- [H2] Things to Do in Minneapolis: The Mary Tyler Moore Statue in Downtown Minneapolis Will Make You Smile
- [H2] Magnificent Myalup Beach: A Fierce, Wild & Beautiful Area in Australia
- [H2] most recent
- [H2] Cauliflower Baked "Ziti" Recipe: This Healthy Ground Turkey & Cauliflower Casserole Recipe Is Amazing
- [H2] Zaanse Schans: Take a Trip Back in Time By Visiting This Historic Village in The Netherlands
- [H2] Signs of Hyperglycemia: 5 Symptoms of Hyperglycemia (High Blood Sugar) to Look Out For
- [H2] Managing Motherhood: 8 Simple Time-Management Tips for Busy Moms
- [H2] Advice for Entrepreneurs: Here's Why You Need to Be

## SEO Content

		<p>Willing to Fail Spectacularly</p> <ul style="list-style-type: none"><li>• [H2] How to Turn Rainy Day Blues Into Positive Actions (Oh, Let It Rain!)</li><li>• [H2] Grandma's Lettuce in Cream Recipe: An Old-fashioned Salad Recipe From Back in the Day</li><li>• [H2] Olive Garden Alfredo Sauce Copycat Recipe: 3 Ingredients + 10 Minutes = the Creamiest Alfredo Sauce Ever</li><li>• [H2] 15-Minute Cheesy Spinach Soup Recipe: This Quick Creamy Soup Recipe Is a Dinner Miracle</li></ul>
	Images	<p>We found 59 images on this web page.</p> <p>1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : <b>42%</b></p> <p>Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Great, there are no Iframes detected on this page.</p>

## SEO Links

	URL Rewrite	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>Perfect! No underscores detected in your URLs.</p>
	In-page links	<p>We found a total of 121 links including 0 link(s) to files</p>
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 5.79%</p> <p>Internal Links 94.21%</p>

## In-page links

Anchor	Type	Juice
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## In-page links

<a href="#">upgrade your browser</a>	External	Passing Juice
<a href="#">sign up</a>	Internal	Passing Juice
<a href="#">login</a>	Internal	Passing Juice
<a href="#">mom</a>	Internal	Passing Juice
<a href="#">dad</a>	Internal	Passing Juice
<a href="#">pregnancy</a>	Internal	Passing Juice
<a href="#">health</a>	Internal	Passing Juice
<a href="#">food</a>	Internal	Passing Juice
<a href="#">beauty</a>	Internal	Passing Juice
<a href="#">travel</a>	Internal	Passing Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">Top tips</a>	Internal	Passing Juice
<a href="#">Tribe</a>	Internal	Passing Juice
<a href="#">Search</a>	Internal	Passing Juice
<a href="#">About</a>	Internal	Passing Juice
<a href="#">Follow</a>	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Gift Guides</a>	Internal	Passing Juice
=	Internal	Passing Juice

## In-page links

<a href="#">Entrepreneurs</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Pets</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Relationships</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Parenting</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Printables</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Fatherhood</a>	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Dad Humor</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Opinion</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Sports &amp; Recreation</a>	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Newborns</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Opinion</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Fetal Development</a>	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">Wit and Wisdom</a>	Internal	Passing Juice
=	Internal	Passing Juice

## In-page links

<a href="#">=</a>	Internal	Passing Juice
<a href="#">Pregnancy Weekly</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Mindfulness</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Expert Q&amp;A</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Family Health</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Skin Conditions</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Cookies</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Poultry</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Breakfast</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Soups</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Makeup</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Nail Care</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">DIY</a>	Internal	Passing Juice


## In-page links

<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Skin Care</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">U.S. Travel</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Vacation Planning</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Travel Notes</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">International</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Casseroles</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Motherhood</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Salads</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Sauces/Condiments</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice

## In-page links

<a href="#">Contact</a>	Internal	Passing Juice
<a href="#">Media/Press</a>	Internal	Passing Juice
<a href="#">Favorites Program</a>	Internal	Passing Juice
<a href="#">Contest Rules</a>	Internal	Passing Juice
<a href="#">FAQ</a>	Internal	Passing Juice
<a href="#">Help</a>	Internal	Passing Juice
<a href="#">30Second Mobile</a>	External	Passing Juice
<a href="#">Terms of Use</a>	Internal	Passing Juice
<a href="#">Privacy Policy</a>	Internal	Passing Juice



## SEO Keywords

	Keywords Cloud	30seconds hours chicken recipe months health food days pregnancy ago
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## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
ago	51	✖	✖	✖	✖
recipe	30	✖	✖	✖	✔
30seconds	18	✔	✖	✖	✔
hours	16	✖	✖	✖	✖
food	13	✖	✖	✖	✔











## Usability

	Url	Domain : 30seconds.com Length : 13
	Favicon	Great, your website has a favicon.





## Usability

	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

## Document





	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 1 Warnings : 10
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Great, your website has few CSS files.</div> <div> Perfect, your website has few JavaScript files.</div> <div> Perfect, your website takes advantage of gzip.</div>

## Mobile

	Mobile Optimization	<div> Apple Icon</div> <div> Meta Viewport Tag</div> <div> Flash content</div>
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## Mobile

### Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <div><a href="http://30seconds.com/sitemap.xml">http://30seconds.com/sitemap.xml</a></div> <div><a href="https://30seconds.com/sitemap.xml">https://30seconds.com/sitemap.xml</a></div>
	Robots.txt	<p><a href="http://30seconds.com/robots.txt">http://30seconds.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <div> Google Analytics</div>