



Seo Analyzer

nutritionsavvy.com.au

Generated on February 18 2022 23:48 PM



The score is 34/100







SEO Content

	Title	<p>Nutrition Savvy</p> <p>Length : 15</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																	
	Description	<p>Length : 0</p> <p>Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.</p>																	
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>																	
	Og Meta Properties	<p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.</p>																	
	Headings	<table border="1"> <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>4</td> <td>0</td> <td>3</td> <td>0</td> <td>0</td> <td>1</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • [H1] MY RECIPES • [H1] WEIGHT LOSS PLANS • [H1] WEIGHT LOSS SURGERY NUTRITION • [H1] SKYPE & PHONE CONSULTATIONS • [H3] SIGN-UP TO THE NUTRITION SAVVY NEWSLETTER FOR UPDATES, RECIPES & MORE: • [H3] LATEST RECIPES • [H3] LATEST BLOG POSTS • [H6] 						H1	H2	H3	H4	H5	H6	4	0	3	0	0	1
H1	H2	H3	H4	H5	H6														
4	0	3	0	0	1														
	Images	<p>We found 92 images on this web page.</p> <p>90 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 : 19%</p> <p>Good, this page's ratio of text to HTML code is higher than 15, but</p>																	

SEO Content

		lower than 25 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

SEO Links

	URL Rewrite	Bad. Your links have query string.
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 105 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 7.62% Internal Links 92.38%

In-page links

Anchor	Type	Juice
Login site	Internal	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
My Story	Internal	Passing Juice
My Philosophy	Internal	Passing Juice

In-page links

My Services	Internal	Passing Juice
My Fees &#038; Rebates	Internal	Passing Juice
Weight Loss	Internal	Passing Juice
Personalised Weight Loss Plans	Internal	Passing Juice
Weight Loss Surgery Plans	Internal	Passing Juice
Personal Training &#038; Fitness Plans	Internal	Passing Juice
Skype or Phone Consults	Internal	Passing Juice
Breakfast	Internal	Passing Juice
Healthy Snacks	Internal	Passing Juice
Lunch / Dinner	Internal	Passing Juice
Desserts	Internal	Passing Juice
Beverages	Internal	Passing Juice
Make It Yourself	Internal	Passing Juice
Vegetable Sides	Internal	Passing Juice
Cart	Internal	Passing Juice
Checkout	Internal	Passing Juice
My Account	Internal	Passing Juice
VISIT STORE	External	Passing Juice
BROWSE RECIPES	Internal	Passing Juice
READ THE FACTS	Internal	Passing Juice
READ NOW	Internal	Passing Juice
Enquire	Internal	Passing Juice
Cauliflower / Broccoli Fried Rice with Veggies	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Blog	Internal	Passing Juice
=	Internal	Passing Juice

In-page links

Quinoa &#038; Vegetable Salad	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Cheesy Vegetable &#038; Quinoa Protein Individual Frittata / Savoury Muffin	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Everyday Healthy Cookbook II	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Egg Salad with Mayo &#038; Wholegrain Mustard	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Delicious Vegetarian or Vegan Meal Ideas	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Cashew, Mango &#038; Coconut Porridge with Berry Compote	Internal	Passing Juice
=	Internal	Passing Juice

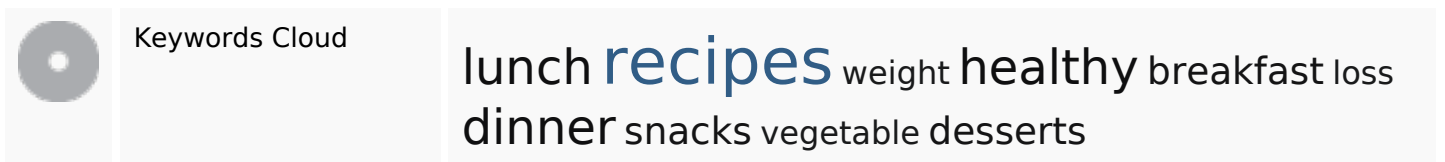
In-page links

=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Coconut Braised Chickpeas w/ Spinach &#038; Sun-Dried Tomatoes	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Mango &#038; Coconut Chia Pudding	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Baked Apples with Almonds, Hazelnuts &#038; Cinnamon	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
10 Weight loss Goals to focus on other than the Scales	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
National Diabetes Week &#8211; Why get your Diabetes Under Control?	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
5 Minute Leg Toning Exercise Routine	Internal	Passing Juice

In-page links

=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
7 Tips for Enjoying Dessert Guilt-Free	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
Move More, Sit Less	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
@nutritionsavvy	External	Passing Juice
Tweets by @gnutritionsavvy	External	Passing Juice

SEO Keywords








Keywords Consistency









Keyword	Content	Title	Keywords	Description	Headings
recipes	55	✘	✘	✘	✔
lunch	27	✘	✘	✘	✘
dinner	27	✘	✘	✘	✘
healthy	27	✘	✘	✘	✘
breakfast	19	✘	✘	✘	✘

Keywords Consistency

Usability

	Url	Domain : nutritionsavvy.com.au Length : 21
	Favicon	Great, your website has a favicon.
	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 : 389 Warnings : 30						
	Email Privacy	Great no email address has been found in plain text!						
	Deprecated HTML	<table><thead><tr><th>Deprecated tags</th><th>Occurrences</th></tr></thead><tbody><tr><td><center></td><td>26</td></tr><tr><td><CENTER></td><td>2</td></tr></tbody></table> <p>Deprecated HTML tags are HTML tags that are no longer used. It is recommended that you remove or replace these HTML tags because they are now obsolete.</p>	Deprecated tags	Occurrences	<center>	26	<CENTER>	2
Deprecated tags	Occurrences							
<center>	26							
<CENTER>	2							
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles.						

Document

- ✘ Too bad, your website has too many CSS files (more than 4).
- ✘ Too bad, your website has too many JS files (more than 6).
- ✘ Too bad, your website does not take advantage of gzip.

Mobile



Mobile Optimization

- ✘ Apple Icon
- ✔ Meta Viewport Tag
- ✔ Flash content

Optimization



XML Sitemap

Missing

Your website does not have an XML sitemap - this can be problematic.

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.



Robots.txt

<http://nutritionsavvy.com.au/robots.txt>

Great, your website has a robots.txt file.



Analytics

Missing

We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.