



Seo Analyzer

peaceandnutrition.com

Generated on February 14 2022 05:41 AM

The score is 55/100



SEO Content

	Title	<p>Welcome - Peace & Nutrition</p> <p>Length : 31</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																				
	Description	<p>Registered dietitian and health activist. Specializing in building trust with the body and plate for eating disorder patients and vegans.</p> <p>Length : 137</p> <p>Great, your meta description contains between 70 and 160 characters.</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>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1279 1481 2078"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Welcome - Peace & Nutrition</td> </tr> <tr> <td>description</td> <td>Registered dietitian and health activist. Specializing in building trust with the body and plate for eating disorder patients and vegans.</td> </tr> <tr> <td>url</td> <td>https://peaceandnutrition.com/</td> </tr> <tr> <td>site_name</td> <td>Peace & Nutrition</td> </tr> <tr> <td>image</td> <td>https://peaceandnutrition.com/wp-content/uploads/2019/02/Peace-Nutrition-new-e1550023338216.png</td> </tr> <tr> <td>image:width</td> <td>100</td> </tr> <tr> <td>image:height</td> <td>100</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Welcome - Peace & Nutrition	description	Registered dietitian and health activist. Specializing in building trust with the body and plate for eating disorder patients and vegans.	url	https://peaceandnutrition.com/	site_name	Peace & Nutrition	image	https://peaceandnutrition.com/wp-content/uploads/2019/02/Peace-Nutrition-new-e1550023338216.png	image:width	100	image:height	100
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image:height	100																					



SEO Content

		image:type	image/png				
	Headings	H1 0	H2 6	H3 3	H4 1	H5 0	H6 0
		<ul style="list-style-type: none"> • [H2] Book an appointment! • [H2] Hi. I'm Shena. Registered Dietitian and health activist. I'm so glad you're here! • [H2] I am here to support you in • [H2] Shena J. • [H2] Contact info • [H2] 413 N Main Suite A Ellensburg WA, 98926 • [H3] Processing...This will only take a second!,"number_decimals":"2","is_test_mode":"1","give_version":"2.18.1","magnific_options":{"main_class":"give-modal","close_on_bg_click":false},"form_translation":{"payment-mode":"Please select payment mode.,"give_first":"Please enter your first name.,"give_last":"Please enter your last name.,"give_email":"Please enter a valid email address.,"give_user_login":"Invalid email address or username.,"give_user_pass":"Enter a password.,"give_user_pass_confirm":"Enter the password confirmation.,"give_agree_to_terms":"You must agree to the terms and conditions.},"confirm_email_sent_message":"Please check your email and click on the link to access your complete donation history.,"ajax_vars":{"ajaxurl":"https://peaceandnutrition.com/wp-admin/admin-ajax.php","ajaxNonce":"bd2bf2d941","loading":"Loading","select_option":"Please select an option","default_gateway":"manual","permalinks":"1","number_decimals":2},"cookie_hash":"67fe33a1d4503e28243bac220c22a101","session_nonce_cookie_name":"wp-give_session_reset_nonce_67fe33a1d4503e28243bac220c22a101","session_cookie_name":"wp-give_session_67fe33a1d4503e28243bac220c22a101","delete_session_nonce_cookie":"0"}; var giveApiSettings = {"root":"https://peaceandnutrition.com/wp-json/give-api/v2","rest_base":"give-api/v2"}; /*]]> */ (function(i,s,o,g,r,a,m){i['GoogleAnalyticsObject']=r;i[r]=i[r] function(){(i[r].q=i[r].q []).push(arguments)},i[r].l=1*new Date();a=s.createElement(o), m=s.getElementsByTagName(o)[0];a.async=1;a.src=g;m.parentNode.insertBefore(a,m) })(window,document,'script','https://www.google-analytics.com/analytics.js','ga'); ga('create', 'UA-135524080-1', 'auto'); ga('send', 'pageview'); .wprm-comment-rating svg { width: 18px !important; height: 18px !important; } img.wprm-comment-rating { width: 90px !important; height: 18px !important; } .wprm-comment-rating svg path { fill: #7ed321; } .wprm-comment-rating svg polygon { stroke: #7ed321; } .wprm-comment-ratings-container svg .wprm-star-full { fill: #7ed321; } .wprm-comment-ratings-container svg .wprm-star-empty { stroke: #7ed321; } /* General CSS */ /a: hover,a.light: hover,.theme-heading .text::before,#top-bar-content >a: hover,#top-bar-social li.oceanwp-email a: hover,#site-navigation-wrap .dropdown-menu >li >a: hover,#site-header.medium-header #medium-searchform button: hover,.oceanwp-mobile-menu-icon a: hover,.blog- 					



SEO Content

entry.post .blog-entry-header .entry-title a:hover,.blog-entry.post .blog-entry-readmore a:hover,.blog-entry.thumbnail-entry .blog-entry-category a,ul.meta li a:hover,.dropcap,.single nav.post-navigation .nav-links .title,body .related-post-title a:hover,body #wp-calendar caption,body .contact-info-widget.default i,body .contact-info-widget.big-icons i,body .custom-links-widget .oceanwp-custom-links li a:hover,body .custom-links-widget .oceanwp-custom-links li a:hover:before,body .posts-thumbnails-widget li a:hover,body .social-widget li.oceanwp-email a:hover,.comment-author .comment-meta .comment-reply-link,#respond #cancel-comment-reply-link:hover,#footer-widgets .footer-box a:hover,#footer-bottom a:hover,#footer-bottom #footer-bottom-menu a:hover,.sidr a:hover,.sidr-class-dropdown-toggle:hover,.sidr-class-menu-item-has-children.active >a,.sidr-class-menu-item-has-children.active >a >.sidr-class-dropdown-toggle,input[type=checkbox]:checked:before{color:#560a93}input[type="button"],input[type="reset"],input[type="submit"],button[type="submit"],.button,#site-navigation-wrap .dropdown-menu >li.btn >a >span,.thumbnail:hover i,.post-quote-content,.omw-modal .omw-close-modal,body .contact-info-widget.big-icons li:hover i,body div.wpforms-container-full .wpforms-form input[type=submit],body div.wpforms-container-full .wpforms-form button[type=submit],body div.wpforms-container-full .wpforms-form .wpforms-page-button{background-color:#560a93}.widget-title{border-color:#560a93}blockquote{border-color:#560a93}#searchform-dropdown{border-color:#560a93}.dropdown-menu .sub-menu{border-color:#560a93}.blog-entry.large-entry .blog-entry-readmore a:hover{border-color:#560a93}.oceanwp-newsletter-form-wrap input[type="email"]:focus{border-color:#560a93}.social-widget li.oceanwp-email a:hover{border-color:#560a93}#respond #cancel-comment-reply-link:hover{border-color:#560a93}body .contact-info-widget.big-icons li:hover i{border-color:#560a93}#footer-widgets .oceanwp-newsletter-form-wrap input[type="email"]:focus{border-color:#560a93}input[type="button"]:hover,input[type="reset"]:hover,input[type="submit"]:hover,button[type="submit"]:hover,input[type="button"]:focus,input[type="reset"]:focus,input[type="submit"]:focus,button[type="submit"]:focus,.button:hover,#site-navigation-wrap .dropdown-menu >li.btn >a:hover >span,.post-quote-author,.omw-modal .omw-close-modal:hover,body div.wpforms-container-full .wpforms-form input[type=submit]:hover,body div.wpforms-container-full .wpforms-form button[type=submit]:hover,body div.wpforms-container-full .wpforms-form .wpforms-page-button:hover{background-color:#0db3e5}table th,table td,hr,.content-area,body.content-left-sidebar #content-wrap .content-area,.content-left-sidebar .content-area,#top-bar-wrap,#site-header,#site-header.top-header #search-toggle,.dropdown-menu ul li,.centered-minimal-page-header,.blog-entry.post,.blog-entry.grid-entry .blog-entry-inner,.blog-entry.thumbnail-entry .blog-entry-bottom,.single-post .entry-title,.single .entry-share-wrap .entry-share,.single .entry-share,.single .entry-share ul li a,.single nav.post-navigation,.single nav.post-navigation .nav-links .nav-





SEO Content

		<p>previous,#author-bio,#author-bio .author-bio-avatar,#author-bio .author-bio-social li a,#related-posts,#comments,.comment-body,#respond #cancel-comment-reply-link,#blog-entries .type-page,.page-numbers a,.page-numbers span:not(.elementor-screen-only),.page-links span,body #wp-calendar caption,body #wp-calendar th,body #wp-calendar tbody,body .contact-info-widget.default i,body .contact-info-widget.big-icons i,body .posts-thumbnails-widget li,body .tagcloud a{border-color:rgba(233,233,233,0.07)}body{background-position:top left}body{background-attachment:scroll}body{background-repeat:no-repeat}body{background-size:cover}a{color:#3cc455}a: hover{color:#0fbc11}.boxed-layout #wrap,.boxed-layout .parallax-footer,.boxed-layout .owp-floating-bar{width:1578px}@media only screen and (min-width:960px){.content-area,.content-left-sidebar .content-area{width:71%}}@media only screen and (min-width:960px){.widget-area,.content-left-sidebar .widget-area{width:29%}}.page-header,.has-transparent-header .page-header{padding:7px 0 22px 0}/* Header CSS */#site-header.has-header-media .overlay-header-media{background-color:rgba(0,0,0,0.5)}.dropdown-menu .sub-menu{min-width:191px}.dropdown-menu ul >.current-menu-item >a.menu-link{background-color:rgba(0,0,0,0.41)}/* Sidebar CSS */.widget-area .sidebar-box,.separate-layout .sidebar-box{margin-bottom:5px}/* Typography CSS */#site-logo a.site-logo-text{font-family:Annie Use Your Telescope;font-weight:600;text-transform:capitalize}#site-navigation-wrap .dropdown-menu >li >a,#site-header.full_screen-header .fs-dropdown-menu >li >a,#site-header.top-header #site-navigation-wrap .dropdown-menu >li >a,#site-header.center-header #site-navigation-wrap .dropdown-menu >li >a,#site-header.medium-header #site-navigation-wrap .dropdown-menu >li >a,.oceanwp-mobile-menu-icon a{font-family:Belleza;text-transform:lowercase}.page-header .page-header-title,.page-header.background-image-page-header .page-header-title{font-family:Aubrey;font-weight:200;font-style:normal;line-height:0.2;text-transform:capitalize}.page-header .page-subheading{font-family:Comic Sans MS,cursive;line-height:1.2;letter-spacing:1.5px} Skip to content WELCOMESCHEDULE APPOINTMENTMEET THE RDEATING DISORDER SUPPORTINSURANCE ACCEPTED/PAY INVOICEPeace With Food BlogRecipes & Shopping Search for: Menu Welcome</p> <ul style="list-style-type: none"> • [H3] Let's Connect! • [H3] Hold My Beer- I Can Veganize That. • [H4] Disclosure and Privacy POLICY
	<p>Images</p>	<p>We found 3 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>
	<p>Text/HTML Ratio</p>	<p>Ratio : 1%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means</p>

SEO Content

		that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 3 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Book an appointment!	Internal	Passing Juice
=	Internal	Passing Juice






SEO Keywords

	Keywords Cloud	content close policy disclosure skip privacy menu
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
menu	2	✘	✘	✘	✔
skip	1	✘	✘	✘	✔
content	1	✘	✘	✘	✔
disclosure	1	✘	✘	✘	✔
privacy	1	✘	✘	✘	✔








Usability

	Url	Domain : peaceandnutrition.com Length : 21
	Favicon	Great, your website has a favicon.
	Printability	Great. We have found 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 : 84 Warnings : 20
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.





Document

	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Great, your website has few CSS files. 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	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
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Optimization

	XML Sitemap	<p>Missing</p> <p>Your website does not have an XML sitemap - this can be problematic.</p> <p>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.</p>
	Robots.txt	<p>http://peaceandnutrition.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <p> Google Analytics</p>