







Seo Analyzer taracoleman.com

Generated on February 02 2022 06:33 AM

The score is 54/100



SEO Content

	<p>Title</p>	<p>Tara Coleman San Diego Clinical Nutritionist</p> <p>Length : 44</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																
	<p>Description</p>	<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>																
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>																
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1249 1481 2078"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>image</td> <td>https://taracoleman.com/wp-content/uploads/2020/01/hp-overlay4.png</td> </tr> <tr> <td>image:secure_url</td> <td>https://taracoleman.com/wp-content/uploads/2020/01/hp-overlay4.png</td> </tr> <tr> <td>image:width</td> <td>574</td> </tr> <tr> <td>image:height</td> <td>506</td> </tr> <tr> <td>image:type</td> <td>image/png</td> </tr> <tr> <td>video</td> <td>https://youtu.be/dfEEcXUySRg</td> </tr> <tr> <td>description</td> <td>Get your FREE Welcome Kit! Get it Now! Make the most of your reading time! Tell me your biggest nutrition need and get my best tips to feel better fast. Overcome OverwhelmFeel like everything says something different? Tara cuts through the noise sharing everything you need and nothing you don't. View Posts Stay on TrackDo...</td> </tr> </tbody> </table>	Property	Content	image	https://taracoleman.com/wp-content/uploads/2020/01/hp-overlay4.png	image:secure_url	https://taracoleman.com/wp-content/uploads/2020/01/hp-overlay4.png	image:width	574	image:height	506	image:type	image/png	video	https://youtu.be/dfEEcXUySRg	description	Get your FREE Welcome Kit! Get it Now! Make the most of your reading time! Tell me your biggest nutrition need and get my best tips to feel better fast. Overcome OverwhelmFeel like everything says something different? Tara cuts through the noise sharing everything you need and nothing you don't. View Posts Stay on TrackDo...
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SEO Content

type	article
locale	en_US
site_name	Tara Coleman San Diego Clinical Nutritionist
title	Home
url	https://taracoleman.com/
updated_time	2020-08-25T15:57:14-07:00

Headings

H1	H2	H3	H4	H5	H6
1	12	6	2	13	0
<ul style="list-style-type: none">• [H1] Nutrition is a Science & Eating is a Behavior• [H2] Get your FREE Welcome Kit!• [H2] Make the most of your reading time!• [H2] Tell me your biggest nutrition need and get my best tips to feel better fast.• [H2] Hi I'm Tara• [H2] Hi I'm Tara• [H2] Let's Work Together• [H2] Nutrition News You Can Use• [H2] Follow on Instagram @NutritionTara• [H2] Menu• [H2] Services• [H2] Newsletter• [H2] Follow me• [H3] Overcome Overwhelm• [H3] Stay on Track• [H3] Feel Better Fast• [H3] Personalized Nutrition• [H3] Corporate Wellness• [H3] The Hunger Solution• [H4] Recent Post• [H4] Popular Post• [H5] Archives• [H5] Categories• [H5] Meta• [H5] Instagram• [H5] Subscribe• [H5] Your Top 10 Nutrition Questions Answered• [H5] I Know What to Do...I Just Don't Do It• [H5] What to Eat Now: Cleansing Recipes for Spring• [H5] Is Snacking Keeping You Stuck?• [H5] I Know What to Do...I Just Don't Do It• [H5] What to Eat Now: Cleansing Recipes for Spring• [H5] 4 Small Healthy Habits with Big Results• [H5] High Protein Breakfasts Under 300 Calories					






Images





We found 42 images on this web page.

33 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.

SEO Content

	Text/HTML Ratio	Ratio : 3% This page's ratio of text to HTML code is below 15 percent, this means 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 176 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 1.14% Internal Links 98.86%

In-page links

Anchor	Type	Juice
Tara Coleman San Diego Clinical Nutritionist	Internal	Passing Juice
About	Internal	Passing Juice
Work With Tara	Internal	Passing Juice
Personalized Nutrition	Internal	Passing Juice
Corporate Wellness	Internal	Passing Juice
On-line Learning	Internal	Passing Juice
Testimonials	Internal	Passing Juice

In-page links

Blog	Internal	Passing Juice
Media	Internal	Passing Juice
Contact	Internal	Passing Juice
April 2021	Internal	Passing Juice
March 2021	Internal	Passing Juice
February 2021	Internal	Passing Juice
January 2021	Internal	Passing Juice
December 2020	Internal	Passing Juice
November 2020	Internal	Passing Juice
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In-page links

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In-page links

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In-page links

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March 2011	Internal	Passing Juice
February 2011	Internal	Passing Juice
January 2011	Internal	Passing Juice
December 2010	Internal	Passing Juice

In-page links

=	Internal	Passing Juice
About us	Internal	Passing Juice
Services	Internal	Passing Juice
Personalized Nutrition	Internal	Passing Juice
Corporate Wellness	Internal	Passing Juice
On-line Learning	Internal	Passing Juice
Testimonials	Internal	Passing Juice
Blog	Internal	Passing Juice
Decision Fatigue	Internal	Passing Juice
Media	Internal	Passing Juice
Contact	Internal	Passing Juice
About	Internal	Passing Juice
Services	Internal	Passing Juice
Personalized Nutrition	Internal	Passing Juice
Corporate Wellness	Internal	Passing Juice
On-line Learning	Internal	Passing Juice
Testimonials	Internal	Passing Juice
Blog	Internal	Passing Juice
Media	Internal	Passing Juice
Contact	Internal	Passing Juice
Overcome Overwhelm	Internal	Passing Juice
Personalized Nutrition	Internal	Passing Juice
Corporate Wellness	Internal	Passing Juice
The Hunger Solution	Internal	Passing Juice
@NutritionTara	External	Passing Juice
Testimonials	Internal	Passing Juice
Personalized Nutrition	Internal	Passing Juice
Corporate Wellness	Internal	Passing Juice

In-page links

[Online Courses](#)

Internal

Passing Juice

SEO Keywords



Keywords Cloud

recent spring **nutrition** now tara eat coleman **recipes** follow cleansing











Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
nutrition	4	✓	✗	✗	✓
tara	3	✓	✗	✗	✓
recipes	3	✗	✗	✗	✓
eat	3	✗	✗	✗	✓
recent	2	✗	✗	✗	✓





Usability

	Url	Domain : taracoleman.com Length : 15
	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 : 24 Warnings : 24
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
	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. Too bad, your website has too many CSS files (more than 4). Too bad, your website has too many JS files (more than 6). Perfect, your website takes 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	Great, your website has an XML sitemap. <code>http://taracoleman.com/sitemap.xml</code>
	Robots.txt	<code>http://taracoleman.com/robots.txt</code> Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.

Optimization



Google Analytics