







# Seo Analyzer thebloodsugardiet.com

Generated on January 14 2022 21:44 PM






The score is 54/100







## SEO Content

	Title	<p>The 8 Week Blood Sugar Diet by Michael Mosley</p> <p><b>Length : 45</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>														
	Description	<p>Beat diabetes with Michael Mosley's new approach to managing your blood sugar through diet. Get support, recipes and more on your journey to healthy living.</p> <p><b>Length : 161</b></p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>														
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>														
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1346 1481 1973"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_GB</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>The 8 Week Blood Sugar Diet by Michael Mosley</td> </tr> <tr> <td>description</td> <td>Beat diabetes with Michael Mosley's new approach to managing your blood sugar through diet. Get support, recipes and more on your journey to healthy living.</td> </tr> <tr> <td>url</td> <td>https://thebloodsugardiet.com/</td> </tr> <tr> <td>site_name</td> <td>The Blood Sugar Diet by Michael Mosley</td> </tr> </tbody> </table>	Property	Content	locale	en_GB	type	website	title	The 8 Week Blood Sugar Diet by Michael Mosley	description	Beat diabetes with Michael Mosley's new approach to managing your blood sugar through diet. Get support, recipes and more on your journey to healthy living.	url	https://thebloodsugardiet.com/	site_name	The Blood Sugar Diet by Michael Mosley
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	Headings	<table border="1" data-bbox="539 2002 1481 2069"> <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>0</td> <td>8</td> <td>3</td> <td>0</td> <td>0</td> </tr> </tbody> </table>	H1	H2	H3	H4	H5	H6	0	0	8	3	0	0		
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## SEO Content

		<ul style="list-style-type: none"><li>• [H3] Lose weight and reprogramme your body</li><li>• [H3] How it works</li><li>• [H3] What is right for me?</li><li>• [H3] Test yourself</li><li>• [H3] Read all about it</li><li>• [H3] Recent topics</li><li>• [H3] Recent recipes</li><li>• [H3] Keep in touch</li><li>• [H4] A scientifically based plan for weight loss and improved blood sugar</li><li>• [H4] Find the best approach for you</li><li>• [H4] Once you reach your goal, feel better and stay healthy</li></ul>
	Images	We found 19 images on this web page.  18 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : <b>1%</b>  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	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 75 links including 0 link(s) to files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 4%  Internal Links 96%

## In-page links

Anchor	Type	Juice
<a href="#">Log in</a>	Internal	Passing Juice
<a href="#">Register</a>	Internal	Passing Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">Who should do it?</a>	Internal	Passing Juice
<a href="#">Difficulty losing weight</a>	Internal	Passing Juice
<a href="#">The diet</a>	Internal	Passing Juice
<a href="#">Michael's story</a>	Internal	Passing Juice
<a href="#">Mindful coffee and cake</a>	Internal	Passing Juice
<a href="#">The 12 week online programme</a>	Internal	Passing Juice
<a href="#">How it works</a>	Internal	Passing Juice
<a href="#">The Low Carb Med Style Plan</a>	Internal	Passing Juice
<a href="#">The BSD options</a>	Internal	Passing Juice
<a href="#">How long can I stay on the 800 cal plan?</a>	Internal	Passing Juice
<a href="#">The 5:2 Diet by Dr Michael Mosley</a>	Internal	Passing Juice
<a href="#">Hidden sugars</a>	Internal	Passing Juice
<a href="#">Full fat dairy?</a>	Internal	Passing Juice
<a href="#">Get active</a>	Internal	Passing Juice
<a href="#">Browse all recipes</a>	Internal	Passing Juice
<a href="#">Submit a recipe</a>	Internal	Passing Juice
<a href="#">The forums</a>	Internal	Passing Juice
<a href="#">All recent topics</a>	Internal	Passing Juice
<a href="#">Latest forum posts</a>	Internal	Passing Juice
<a href="#">FAQ</a>	Internal	Passing Juice
<a href="#">Addicted to carbs?</a>	Internal	Passing Juice
<a href="#">Metabolic syndrome</a>	Internal	Passing Juice
<a href="#">Type 2 diabetes self assessment</a>	Internal	Passing Juice
<a href="#">Books by Michael Mosley</a>	Internal	Passing Juice

## In-page links

<a href="#">Helpful products</a>	Internal	Passing Juice
<a href="#">For professionals</a>	Internal	Passing Juice
<a href="#">The 800 calorie diet study</a>	Internal	Passing Juice
<a href="#">Michael's blog</a>	Internal	Passing Juice
<a href="#">Videos</a>	Internal	Passing Juice
<a href="#">Clever Guts App</a>	External	Passing Juice
<a href="#">The Fast 800</a>	External	Passing Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">Books</a>	Internal	Passing Juice
<a href="#">Helpful products</a>	Internal	Passing Juice
<a href="#">Try the Fast 800 Online Programme - bringing together the latest in scientific research into healthy living.</a>	External	Passing Juice
<a href="#">Recent topics</a>	Internal	Passing Juice
<a href="#">Positive Thoughts Thread Anyone?</a>	Internal	Passing Juice
<a href="#">Fast 800</a>	Internal	Passing Juice
<a href="#">1h ago</a>	Internal	Passing Juice
<a href="#">Yowzer49</a>	Internal	noFollow
<a href="#">100 day Journey to Easter</a>	Internal	Passing Juice
<a href="#">1h ago</a>	Internal	Passing Juice
<a href="#">2022 ! One Week at a Time beginning 11th January 2022</a>	Internal	Passing Juice
<a href="#">6h ago</a>	Internal	Passing Juice
<a href="#">Tulip1</a>	Internal	noFollow
<a href="#">Can I eat the chocolate?</a>	Internal	Passing Juice
<a href="#">Starting the BSD</a>	Internal	Passing Juice
<a href="#">1d ago</a>	Internal	Passing Juice
<a href="#">florob85</a>	Internal	noFollow
<a href="#">Creating a plan and learning enough to carry it through</a>	Internal	Passing Juice
<a href="#">Welcome to the BSD</a>	Internal	Passing Juice
<a href="#">1d ago</a>	Internal	Passing Juice

## In-page links

<a href="#">YBR</a>	Internal	noFollow
<a href="#">Black Bean &amp; Kidney Bean Curry</a>	Internal	Passing Juice
<a href="#">Hardybhre</a>	Internal	Passing Juice
<a href="#">250 to 500</a>	Internal	Passing Juice
<a href="#">Lunch</a>	Internal	Passing Juice
<a href="#">Dinner</a>	Internal	Passing Juice
<a href="#">Vegan</a>	Internal	Passing Juice
<a href="#">Roasted Mushroom and Garlic Soup</a>	Internal	Passing Juice
<a href="#">EsmeWeatherwax</a>	Internal	Passing Juice
<a href="#">100 to 250</a>	Internal	Passing Juice
<a href="#">Low calorie</a>	Internal	Passing Juice
<a href="#">Low carb</a>	Internal	Passing Juice
<a href="#">Adapted Clever Guts Granola</a>	Internal	Passing Juice
<a href="#">florob85</a>	Internal	Passing Juice
<a href="#">Breakfast</a>	Internal	Passing Juice
<a href="#">Privacy policy</a>	Internal	Passing Juice
<a href="#">Medical disclaimer and terms of use</a>	Internal	Passing Juice
<a href="#">Cookie policy</a>	Internal	Passing Juice
<a href="#">Posting guidelines</a>	Internal	Passing Juice
<a href="#">Contact us</a>	Internal	Passing Juice

## SEO Keywords








Keywords Cloud

week **policy** issues michael sugar  
please **mosley blood diet**  
disclaimer





## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
sugar	2	✓	✗	✓	✓
diet	2	✓	✗	✓	✗
michael	2	✓	✗	✓	✗
mosley	2	✓	✗	✓	✗
blood	2	✓	✗	✓	✓








## Usability

	Url	Domain : thebloodsugardiet.com Length : 21
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	You have not specified the language. Use <a href="#">this free meta tags generator</a> to declare the intended language of your website.
	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 : 31 Warnings : 43
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> 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"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

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