





Website review thehealthymaven.com

Generated on March 25 2025 23:17 PM


The score is 51/100




SEO Content

	Title	<div>The Healthy Maven Where Healthy Meets Living</div> <div>Length : 46</div> <div>Perfect, your title contains between 10 and 70 characters.</div>																				
	Description	<div>The Healthy Maven is a food and wellness blog by Davida Lederle helping women to live healthfully rather than living for their health.</div> <div>Length : 134</div> <div>Great, your meta description contains between 70 and 160 characters.</div>																				
	Keywords	<div>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</div>																				
	Og Meta Properties	<div>Good, your page take advantage of Og Properties.</div> <table><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>description</td><td>The Healthy Maven is a food and wellness blog by Davida Lederle helping women to live healthfully rather than living for their health.</td></tr><tr><td>url</td><td>https://www.thehealthymaven.com/</td></tr><tr><td>site_name</td><td>The Healthy Maven</td></tr><tr><td>image</td><td>https://www.thehealthymaven.com/wp-content/uploads/2024/01/THM-meet-davida.jpeg</td></tr><tr><td>image:width</td><td>1314</td></tr><tr><td>image:height</td><td>826</td></tr><tr><td>image:type</td><td>image/jpeg</td></tr></tbody></table>	Property	Content	locale	en_US	type	website	description	The Healthy Maven is a food and wellness blog by Davida Lederle helping women to live healthfully rather than living for their health.	url	https://www.thehealthymaven.com/	site_name	The Healthy Maven	image	https://www.thehealthymaven.com/wp-content/uploads/2024/01/THM-meet-davida.jpeg	image:width	1314	image:height	826	image:type	image/jpeg
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SEO Content

	Headings	<div> <div> H1 1 </div> <div> H2 9 </div> <div> H3 28 </div> <div> H4 0 </div> <div> H5 0 </div> <div> H6 0 </div> </div> <ul style="list-style-type: none"> • [H1] The Healthy Maven • [H2] Soup's Up!FREE Soup Series Straight to your Inbox! • [H2] The Latest & Greatest • [H2] Find the best recipes • [H2] Healthy Dinners • [H2] Nourishing Desserts • [H2] Narrow It Down • [H2] Cozy Up This Winter! • [H2] Breakfast Recipes • [H2] Wellness • [H3] Green Goddess Salad • [H3] Almond Flour Berry Galette • [H3] Pinwheel Sandwiches • [H3] Grilled Salmon Tacos with Avocado Crema • [H3] Grilled Turmeric Chicken • [H3] Instant Pot Pot Roast • [H3] Healthy Mac and Cheese • [H3] Turkey Tacos • [H3] Spicy Ramen Noodles • [H3] One-Pot Greek Chicken and Orzo • [H3] Chickpea Blondies • [H3] Oat Flour Banana Bread • [H3] Protein Cookies • [H3] Turkey Sweet Potato Chili • [H3] Chicken Lentil Soup • [H3] Buffalo Chicken Chili • [H3] Ginger Carrot Soup • [H3] Healthy Pumpkin Muffins • [H3] Whole Wheat Pancakes • [H3] Banana Bread Baked Oatmeal • [H3] How To Make Shakshuka • [H3] Make-Ahead Frozen Breakfast Burritos • [H3] Black Friday/Cyber Monday Clean Beauty Sales! [2024] • [H3] The Best Non Toxic Candles [Yes! Candles Can be Toxic] • [H3] 20% OFF All Clean Beauty! [Credo Beauty Sale 2024] • [H3] True Botanicals Review • [H3] How to Make Lavender Spray • [H3] Homemade Sugar Scrub Recipe
	Images	<p>We found 55 images on this web page.</p> <p>25 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 : 0%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>

SEO Content

	Iframe	Great, there are no Iframes detected on this page.
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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 49 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 4.08% Internal Links 95.92%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Sign up for free daily recipes! →	Internal	Passing Juice
Recipe Index	Internal	Passing Juice
Appetizers	Internal	Passing Juice
Breakfast	Internal	Passing Juice
Dessert	Internal	Passing Juice
Dinner	Internal	Passing Juice
Drinks	Internal	Passing Juice
Lunch	Internal	Passing Juice
Salads	Internal	Passing Juice
Sides	Internal	Passing Juice
Snacks	Internal	Passing Juice


In-page links

Soups	Internal	Passing Juice
Shop	Internal	Passing Juice
Resources	Internal	Passing Juice
Meet the Maven	Internal	Passing Juice
Green Goddess Salad	Internal	Passing Juice
Almond Flour Berry Galette	Internal	Passing Juice
Pinwheel Sandwiches	Internal	Passing Juice
Grilled Salmon Tacos with Avocado Crema	Internal	Passing Juice
Grilled Turmeric Chicken	Internal	Passing Juice
Instant Pot Pot Roast	Internal	Passing Juice
Gluten-free	Internal	Passing Juice
Healthy Mac and Cheese	Internal	Passing Juice
Turkey Tacos	Internal	Passing Juice
Spicy Ramen Noodles	Internal	Passing Juice
One-Pot Greek Chicken and Orzo	Internal	Passing Juice
Chickpea Blondies	Internal	Passing Juice
Oat Flour Banana Bread	Internal	Passing Juice
Protein Cookies	Internal	Passing Juice
Join our email list	External	Passing Juice
Turkey Sweet Potato Chili	Internal	Passing Juice
Chicken Lentil Soup	Internal	Passing Juice
Buffalo Chicken Chili	Internal	Passing Juice
Ginger Carrot Soup	Internal	Passing Juice
Healthy Pumpkin Muffins	Internal	Passing Juice
Whole Wheat Pancakes	Internal	Passing Juice
Banana Bread Baked Oatmeal	Internal	Passing Juice
How To Make Shakshuka	Internal	Passing Juice
Make-Ahead Frozen Breakfast Burritos	Internal	Passing Juice

In-page links

Black Friday/Cyber Monday Clean Beauty Sales! [2024]	Internal	Passing Juice
The Best Non Toxic Candles [Yes! Candles Can be Toxic]	Internal	Passing Juice
20% OFF All Clean Beauty! [Credo Beauty Sale 2024]	Internal	Passing Juice
True Botanicals Review	Internal	Passing Juice
How to Make Lavender Spray	Internal	Passing Juice
Homemade Sugar Scrub Recipe	Internal	Passing Juice
Contact	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice
CultivateWP	External	Passing Juice






SEO Keywords

	Keywords Cloud	
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Keywords Consistency












Keyword	Content	Title	Keywords	Description	Headings
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Usability





	Url	Domain : thehealthymaven.com Length : 19
	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.

Usability

Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 34 Warnings : 1
	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> Too bad, your website has too many CSS files (more than 4).</div> <div> Too bad, your website has too many JS files (more than 6).</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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Optimization

	XML Sitemap	Great, your website has an XML sitemap. <div>https://www.thehealthymaven.com/sitemap_index.xml</div>
	Robots.txt	http://thehealthymaven.com/robots.txt

Optimization



Great, your website has a robots.txt file.



Analytics

Great, your website has an analytics tool.



Google Analytics