



Website Analysis: mettersinforma.it

Generated on March 16 2026 06:43 AM






The score is 47/100



SEO Content

	Title	<p>Mettersinforma.it: il portale dedicato ad alimentazione, dieta e fitness</p> <p>Length : 72</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.</p>														
	Description	<p>Mettersinforma è il portale dedicato a fitness, integratori, dieta e alimentazione. Unisciti al club, mettiti in forma!</p> <p>Length : 119</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 1312 1481 1935"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>title</td> <td>Mettersinforma.it: il portale dedicato ad alimentazione, dieta e fitness</td> </tr> <tr> <td>description</td> <td>Mettersinforma è il portale dedicato a fitness, integratori, dieta e alimentazione. Unisciti al club, mettiti in forma!</td> </tr> <tr> <td>url</td> <td>https://www.mettersinforma.it/asset/img/og/mettersinforma-open-graph-home.jpg</td> </tr> <tr> <td>image:type</td> <td>image/jpeg</td> </tr> <tr> <td>image:width</td> <td>800</td> </tr> <tr> <td>image:height</td> <td>800</td> </tr> </tbody> </table>	Property	Content	title	Mettersinforma.it: il portale dedicato ad alimentazione, dieta e fitness	description	Mettersinforma è il portale dedicato a fitness, integratori, dieta e alimentazione. Unisciti al club, mettiti in forma!	url	https://www.mettersinforma.it/asset/img/og/mettersinforma-open-graph-home.jpg	image:type	image/jpeg	image:width	800	image:height	800
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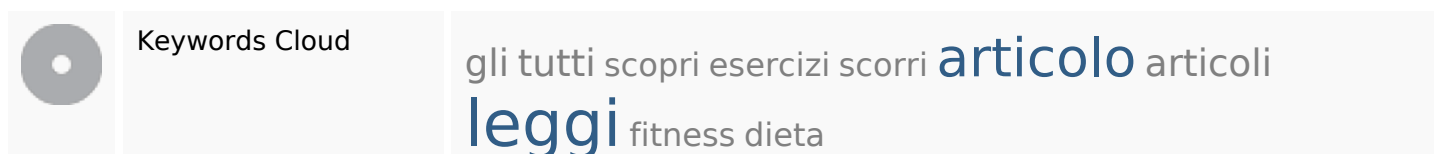
SEO Content

	Headings	<table><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>1</td><td>4</td><td>24</td><td>0</td><td>1</td><td>0</td></tr></tbody></table> <ul style="list-style-type: none">• [H1] Consigli per tornare presto in forma• [H2] Dieta e alimentazione• [H2] Fitness e movimento• [H2] Integratori e benessere• [H2] Ricette sane e salutari• [H3] Mettersi in Forma si trasforma in My Nudge Plan Italia• [H3] 13 consigli per gestire gli attacchi di fame• [H3] Cosa mangiare a cena per non soffrire di insonnia• [H3] Come perdere 5 kg in 15 giorni• [H3] Dieta della pasta: funziona davvero?• [H3] leggi tutti gli articoli• [H3] 5 “trucchi” per dimagrire senza accorgertene• [H3] Maniglie dell’amore: 3 esercizi per eliminarle velocemente• [H3] Dimagrire le gambe? Scopri gli esercizi più efficaci• [H3] 3 esercizi di stretching da fare 3 minuti al giorno• [H3] 3 esercizi per glutei tonici a prova costume• [H3] leggi tutti gli articoli• [H3] Tè verde per fegato, intestino e colon: quali benefici?• [H3] Come depurarsi con la gramigna• [H3] Fermenti lattici: come “dimagrire” con i probiotici• [H3] Le proprietà della betulla che aiutano la linea• [H3] Ritenzione idrica? Prova il tè verde• [H3] leggi tutti gli articoli• [H3] 3 modi per cucinare l’okra• [H3] Torta all’arancia light• [H3] Vellutata di cavolo rosso• [H3] Finocchi gratinati light• [H3] 3 modi per cucinare il tofu in modo salutare• [H3] leggi tutti gli articoli• [H5]	H1	H2	H3	H4	H5	H6	1	4	24	0	1	0
H1	H2	H3	H4	H5	H6									
1	4	24	0	1	0									
	Images	<p>We found 39 images on this web page.</p> <p>18 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 : 10%</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>												
	Iframe	<p>Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.</p>												

In-page links

leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
leggi articolo	Internal	Passing Juice
Privacy Notice	Internal	Passing Juice
Cookie Statement	Internal	Passing Juice
Cookie List	Internal	Passing Juice






SEO Keywords














Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
leggi	28	✘	✘	✘	✔
articolo	20	✘	✘	✘	✘
gli	9	✘	✘	✘	✔
tutti	8	✘	✘	✘	✔
articoli	7	✘	✘	✘	✔


Usability

	Url	Domain : mettersinforma.it Length : 17
	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 : 0 Warnings : 0				
	Email Privacy	Great no email address has been found in plain text!				
	Deprecated HTML	<table border="1"> <thead> <tr> <th>Deprecated tags</th> <th>Occurrences</th> </tr> </thead> <tbody> <tr> <td><u></td> <td>1</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	<u>	1
Deprecated tags	Occurrences					
<u>	1					
	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).  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	Great, your website has an XML sitemap. http://mettersinforma.it/sitemap.xml
	Robots.txt	http://mettersinforma.it/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.