

Nu Html Checker

This tool is an ongoing experiment in better HTML checking, and its behavior remains subject to change

Showing results for benefits.html

Checker Input

Show ☒ source ☐ outline ☐ image report

Options...

Check by file upload ▼ Choose File No file chosen

Uploaded files with .xhtml or .xht extensions are parsed using the XML parser.

Check

Use the Message Filtering button below to hide/show particular messages, and to see total counts of errors and warnings.

Message Filtering

Document checking completed. No errors or warnings to show.

Source

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1. <!DOCTYPE html>↵
2. <html lang="en">↵
3. <head>↵
4.     <meta charset="utf-8">↵
5.     <title>Benefits</title>↵
6.     <link rel="stylesheet" type="text/css" href="styles/master.css">↵
7.     <link href="https://fonts.googleapis.com/css?
family=Calistoga&display=swap" rel="stylesheet">↵
8.     <link href="https://fonts.googleapis.com/css?
family=Gochi+Hand&display=swap" rel="stylesheet">↵
9.     <link rel=icon href=images/banana-logo-small.png sizes="16x16"
type="image/png">↵
10.     <meta name="viewport" content="width=device-width, initial-scale=1">↵
11.     ↵
12.     <!--[if lt IE 9]> <script src="scripts/html5shiv.js"> </script> <![endif]
-->↵
13. <!--↵
14.     Author:          Daniel Rimaru 19134702↵
15.     Organisation:    Birmingham City University↵
16.     Copyright:       Copyright 2019 ↵
17. -->↵
18. </head>↵
19.     ↵
20. <body>↵
21. <div id="wrapper">↵
22.     <header class="header">↵
23.         <a href="index.html" id="logo"></a>↵
24.     ↵
25.         <nav>↵
26.             <a href="#" id="menu-icon"></a>↵
27.             <ul>↵
28.                 <li><a href="recipes.html" >Recipes</a></li>↵

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29.         <li><a href="benefits.html"
class="current">Benefits</a></li>
30.         <li><a href="production.html">Production</a>
</li>
31.         <li><a href="contact.html">Contact</a></li>
32.     </ul>
33. </nav>
34. </header>
35.     <div class="banner-image">
36.         <div class="box1">
37.             <div class="inner-box1">
38.                 <p>Benefits</p>
39.             </div>
40.         </div>
41.     </div>
42.
43.     <div class="content">
44.         <div class="row">
45.             <div class="recipecol2">
46.                 <h2>Nutritional profile</h2>
47.                 <p>One serving of banana is considered to be about 126
grams. One serving of banana contains 110 calories, 30 grams of carbohydrate
and 1 gram of protein. Bananas are naturally free of fat, cholesterol, and
sodium.</p>
48.                 <table>
49.                     <caption><p>Bananas provide a variety of vitamins
and minerals:</p></caption>
50.                     <tr><td>Vitamin B6</td> <td>- 0.5 mg</td></tr>
51.                     <tr><td>Manganese</td> <td>- 0.3 mg</td></tr>
52.                     <tr><td>Vitamin C</td> <td>- 9 mg</td></tr>
53.                     <tr><td>Potassium</td> <td>- 450 mg</td></tr>
54.                     <tr><td>Dietary Fiber</td> <td>- 3g</td></tr>
55.                     <tr><td>Protein</td> <td>- 1 g</td></tr>
56.                     <tr><td>Magnesium</td> <td>- 34 mg</td></tr>
57.                     <tr><td>Folate</td> <td>- 25.0 mcg</td></tr>
58.                     <tr><td>Riboflavin</td> <td>- 0.1 mg</td></tr>
59.                     <tr><td>Niacin</td> <td>- 0.8 mg</td></tr>
60.                     <tr><td>Vitamin A</td> <td>- 81 IU</td></tr>
61.                     <tr><td>Iron</td> <td>- 0.3 mg</td></tr>
62.                 </table>
63.             </div>
64.         </div>
65.     </div>
66.     <div class="row">
67.         <div class="recipecol1">
68.             <h2>Quick facts about bananas</h2>
69.             <div class="facts2">
70.                 <p>Bananas are rich in potassium and fiber.</p>
71.                 <br>
72.                 <p>They may help prevent asthma, cancer, high
blood pressure, diabetes, cardiovascular disease, and digestive problems.
</p>
73.                 <br>
74.                 <p>Ripen bananas at room temperature and add them
to cereal for a tasty breakfast.</p>
75.                 <br>
76.                 <p>People who use beta blockers should not
suddenly increase their intake of bananas.</p>
77.             </div>
78.         </div>
79.     </div>
80.     <div class="row">
81.         <div class="benewrap">
82.             <div class="benefitscol1">
83.                 <h2>Bananas May Improve Digestive Health</h2>
84.                 <p>Dietary fiber has been linked to many health
benefits, including improved digestion.</p>
85.                 <br>
86.                 <p>A medium-sized banana has about 3 grams of fiber,
making bananas a fairly good fiber source.</p>

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87.         <br>↵
88.         <p>Bananas contain two main types of fiber:</p>↵
89.         <ul>↵
90.             <li>Pectin: Decreases as the banana ripens.</li>↵
91.             <li>Resistant starch: Found in unripe bananas.
        </li>↵
92.         </ul>↵
93.     ↵
94.         <p>Resistant starch escapes digestion and ends up in
        your large intestine, where it becomes food for the beneficial bacteria in
        your gut.</p>↵
95.         <br>↵
96.         <p>Additionally, some test-tube studies propose that
        pectin may help protect against colon cancer.</p>↵
97.     </div>↵
98.     <div class="benefitsimgs">↵
99.         ↵
100.    </div>↵
101. </div>↵
102. </div>↵
103. <div class="row">↵
104.     <div class="benewrap">↵
105.         <div class="benefitscol1">↵
106.             <h2>Bananas May Support Heart Health</h2>↵
107.             <p>Potassium is a mineral that is essential for heart
        health – especially blood pressure control.</p>↵
108.             <br>↵
109.             <p>Despite its importance, few people get enough
        potassium in their diet.</p>↵
110.             <br>↵
111.             <p>Bananas are a great dietary source of potassium.
        One medium-sized banana (118 grams) contains 9% of the RDI.</p>↵
112.             <br>↵
113.             <p>A potassium-rich diet can help lower blood
        pressure, and people who eat plenty of potassium have up to a 27% lower risk
        of heart disease.</p>↵
114.             <br>↵
115.             <p>Furthermore, bananas contain a decent amount of
        magnesium, which is also important for heart health.</p>↵
116.         </div>↵
117.         <div class="benefitsimgs">↵
118.             ↵
119.         </div>↵
120.     </div>↵
121. </div>↵
122. </div> <!--close content div--> ↵
123. ↵
124.     <footer class="footer">↵
125.         <a href="references.html">References </a>Bananiel.Com &copy;
        copyright 2019↵
126.     </footer>↵
127. </div>↵
128. </body>↵
129. ↵
130. </html>

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Used the HTML parser.

Total execution time 14 milliseconds.

