



Measure page quality

Test your pages in a lab environment powered by PageSpeed Insights. Then get tips and recommendations to improve your user experience. For field performance, see the [PageSpeed Insights](#) tool.

https://www.toutelanutrition.com/

SWITCH URL

RUN AUDIT

Audited on: Oct 8, 1:07 PM

[View Report](#)

21

Performance

71

Accessibility

92

Best Practices

84

SEO

21

Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. [See calculator.](#)

▲ 0-49

■ 50-89

● 90-100

Metrics

Expand view

First Contentful Paint

2.8 s

▲ Time to Interactive

24.4 s

Speed Index

17.9 s

▲ Total Blocking Time

17,060 ms

Largest Contentful Paint

14.2 s

● Cumulative Layout Shift

0.042

View Treemap

Show audits relevant to: [All](#) [ECP](#) [TBT](#) [LCP](#) [CLS](#)

Opportunities

Opportunity

Estimated Savings

▲ Eliminate render-blocking resources

1.37 s

▼

▲ Reduce initial server response time

0.68 s

▼

These suggestions can help your page load faster. They don't directly affect the Performance score.

Diagnostics

▲ Minimize main-thread work

42.4 s

▼

▲ Reduce the impact of third-party code

Third-party code blocked the main thread for 5,110 ms

▼

▲ Does not use passive listeners to improve scrolling performance

▼

▲ Image elements do not have explicit width and height

▼

▲ Registers an unload listener

▼

▲ Reduce JavaScript execution time

15.7 s

▼

▲ Avoid an excessive DOM size

2,597 elements

▼

▲ Serve static assets with an efficient cache policy

39 resources found

▼

▲ First Contentful Paint (3G)

5460 ms

▼

○ Avoid chaining critical requests

7 chains found

▼

○ Keep request counts low and transfer sizes small

63 requests • 1,714 KiB

▼

○ Largest Contentful Paint element

1 element found

▼

○ Avoid large layout shifts

3 elements found

▼

○ Avoid long main-thread tasks

20 long tasks found

▼

○ Avoid non-composited animations

57 animated elements found

▼

More information about the performance of your application. These numbers don't directly affect the Performance score.

Passed audits (23)

Show

71

Accessibility

These checks highlight opportunities to improve the accessibility of your web app. Only a subset of accessibility issues can be automatically detected so manual testing is also encouraged.

ARIA

▲ Elements with an ARIA [\[role\]](#) that require children to contain a specific [\[role\]](#) are missing some or all of those required children.

▼

▲ ARIA input fields do not have accessible names

▼

These are opportunities to improve the usage of ARIA in your application which may enhance the experience for users of assistive technology, like a screen reader.

Names and labels

▲ Buttons do not have an accessible name

▼

▲ Image elements do not have [\[alt\]](#) attributes

▼

▲ Links do not have a discernible name

▼

These are opportunities to improve the semantics of the controls in your application. This may enhance the experience for users of assistive technology, like a screen reader.

Best practices

▲ [\[user-scalable="no"\]](#) is used in the [<meta name="viewport">](#) element or the [\[maximum-scale\]](#) attribute is less than 5.

▼

These items highlight common accessibility best practices.

Trust and Safety

▲ Includes front-end JavaScript libraries with known security vulnerabilities

9 vulnerabilities detected

▼

○ Ensure CSP is effective against XSS attacks

▼

General

○ Detected JavaScript libraries

▼

Passed audits (12)

Show

Not applicable (1)

Show

84

SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](#). [Learn more](#).

Crawling and Indexing

▲ Links are not crawlable

▼

To appear in search results, crawlers need access to your app.

Content Best Practices

▲ Image elements do not have [\[alt\]](#) attributes

▼

Captured at Oct 8, 2022, 1:07 PM GMT+2

Initial page load

Emulated Moto G4 with Lighthouse 9.6.6

Unknown

Single page load

Using HeadlessChromium 102.0.5005.115 with 1x

Generated by **Lighthouse 9.6.6** | [File an issue](#)

1

Run tests on your site

Enter your site's URL to see how well it performs across all audits.

2

Look at what matters

See your site's performance across the areas you care about.

3

Get tips for improving

Each test comes with helpful steps to improve your site's results.

How your site is measured

When you measure your site, web.dev uses [Lighthouse](#), an open-source, automated tool for improving the quality of web pages. Lighthouse will audit your site in the following categories:

What is the data source powering the web.dev/measure tool?

▼

How does web.dev/measure differ from PageSpeed Insights?

▼

Contribute

File a bug

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