

Mobil



47 / 100 Hastighed

! Du bør løse:

## Udnyt cachelagring i browser

Fastsættelse af en udløbsdato eller en maksimal alder i HTTP-overskrifter til statiske ressourcer instruerer browseren i at indlæse tidligere indlæste ressourcer fra den lokale disk i stedet for over netværket.

[Udnyt cachelagring i browseren](#) for følgende ressourcer, der kan cachelagres:

- [https://c.sharethis.mgr.consensu.org/v1.0/cmp/get\\_consent](https://c.sharethis.mgr.consensu.org/v1.0/cmp/get_consent) (udløbsdato er ikke specificeret)
- <https://buttons-config.sharethis.com/js/5b0ed5bf43a707001159fe15.js> (60 sekunder)
- [https://connect.facebook.net/pt\\_BR/sdk.js](https://connect.facebook.net/pt_BR/sdk.js) (20 minutter)
- <https://pagead2.googlesyndication.com/pagead/js/adsbygoogle.js> (60 minutter)
- <https://platform-api.sharethis.com/js/sharethis.js> (60 minutter)
- <https://www.google-analytics.com/analytics.js> (2 timer)

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- <https://dietasedicas.com.br/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.0.2> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.2> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/q2w3-fixed-widget/js/q2w3-fixed-widget.min.js?ver=5.1.4> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/sharethis-share-buttons/css/mu-style.css?ver=4.9.6> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce-smallscreen.css?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart.min.js?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/frontend/cart-fragments.min.js?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/frontend/woocommerce.min.js?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/jquery-blockui/jquery.blockUI.min.js?ver=2.70> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4> (4 timer)
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/includes/font-awesome.min.css> (4 timer)
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/js/scripts.js?ver=4.9.6> (4 timer)
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/style.css?ver=4.9.6> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/05/Alimentos-Que-Fazem-o-Cabelo-Crescer-Mais-R%C3%A1pido-s%C3%A3o-variados-e-muito-eficazes-no-processo-de-crescimento-do-Cabelo..jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/05/Dieta-Dukan-2018.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/05/alimentos-crescer-cabelo.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/05/alopecia-1024x576.jpg> (4 timer)

- <https://dietasedicas.com.br/wp-content/uploads/2018/05/dieta-4-dias.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/06/dia-dos-namorados-2018-dietas-610x343.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/06/dieta-dos-namorados-2018-600x343.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/06/polifen%C3%B3ispolifen%C3%B3ispdfpolifen%C3%B3is-frutaspolifen%C3%B3is-antioxidantes-610x343.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1> (4 timer)
- <https://dietasedicas.com.br/wp-includes/js/jquery/jquery.js?ver=1.12.4> (4 timer)
- <https://dietasedicas.com.br/wp-includes/js/wp-embed.min.js?ver=4.9.6> (4 timer)
- <https://dietasedicas.com.br/wp-includes/js/wp-emoji-release.min.js?ver=4.9.6> (4 timer)
- [https://external-mia3-1.xx.fbcdn.net/safe\\_image.php?d=AQAbQDRpZnyhkcbN&w=284&h=149&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&upscale=1&fallback=news\\_d\\_place\\_holder\\_publisher&\\_nc\\_hash=AQBsZlsb9k1VnjX4](https://external-mia3-1.xx.fbcdn.net/safe_image.php?d=AQAbQDRpZnyhkcbN&w=284&h=149&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&upscale=1&fallback=news_d_place_holder_publisher&_nc_hash=AQBsZlsb9k1VnjX4) (4 timer)
- [https://external-mia3-1.xx.fbcdn.net/safe\\_image.php?d=AQBE6PzI1nKOMiDW&w=600&h=600&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&\\_nc\\_hash=AQAHGMAyXTT4OLXs](https://external-mia3-1.xx.fbcdn.net/safe_image.php?d=AQBE6PzI1nKOMiDW&w=600&h=600&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&_nc_hash=AQAHGMAyXTT4OLXs) (4 timer)
- [https://external-mia3-1.xx.fbcdn.net/safe\\_image.php?d=AQANHEESirgHUO5r&w=284&h=149&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fuploads%2F2018%2F05%2Fflolo.png&cfs=1&upscale=1&fallback=news\\_d\\_placeholder\\_publisher&\\_nc\\_hash=AQAbFCzewTaMwRaV](https://external-mia3-1.xx.fbcdn.net/safe_image.php?d=AQANHEESirgHUO5r&w=284&h=149&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fuploads%2F2018%2F05%2Fflolo.png&cfs=1&upscale=1&fallback=news_d_placeholder_publisher&_nc_hash=AQAbFCzewTaMwRaV) (6 timer)

## Fjern gengivelsesblokerende JavaScript og CSS fra indholdet over skillelinjen

Din side har 5 blokerende script-ressourcer og 9 blokerende CSS-ressourcer. Dette forsinker gengivelsen af din side.

Indholdet over skillelinjen på siden kunne ikke gengives uden at vente på, at de efterfølgende ressourcer blev indlæst. Prøv at udskyde eller indlæse blokerende ressourcer asynkront eller at indlejre de kritiske dele af disse ressourcer direkte i HTML-sektionen.

### [Fjern gengivelsesblokerende JavaScript:](#)

- <https://dietasedicas.com.br/wp-includes/js/jquery/jquery.js?ver=1.12.4>

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- <https://dietasedicas.com.br/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <https://platform-api.sharethis.com/js/sharethis.js>
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/js/scripts.js?ver=4.9.6>
- <https://cdnjs.cloudflare.com/ajax/libs/cookieconsent2/3.0.3/cookieconsent.min.js>

[Optimer CSS-levering](#) af følgende:

- <https://dietasedicas.com.br/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.0.2>
- <https://dietasedicas.com.br/wp-content/plugins/sharethis-share-buttons/css/mu-style.css?ver=4.9.6>
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=3.4.0>
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce-smallscreen.css?ver=3.4.0>
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=3.4.0>
- <https://fonts.googleapis.com/css?family=Open+Sans:300,400,400italic,600,700>
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/includes/font-awesome.min.css>
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/style.css?ver=4.9.6>
- <https://cdnjs.cloudflare.com/ajax/libs/cookieconsent2/3.0.3/cookieconsent.min.css>

## Optimer billeder

Korrekt formatering og komprimering af billeder kan spare mange databytes.

[Optimer følgende billeder](#) for at reducere deres størrelse med 250,9 KB (51 % reduktion).

- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/05/dieta-4-dias.jpg> kan der spares 159,5 KB (76 % reduktion).
- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/05/Alimentos-Que-Fazem-o-Cabelo-Crescer-Mais-R%C3%A1pido-s%C3%A3o-variados-e-muito-eficazes-no-processo-de-crescimento-do-Cabelo..jpg> kan der spares 32,5 KB (38 % reduktion).

## Mobil

- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/05/Dieta-Dukan-2018.jpg> kan der spares 29,4 KB (38 % reduktion).
- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/06/polifen%C3%B3is-polifen%C3%B3is-frutas-polifen%C3%B3is-antioxidantes-610x343.jpg> kan der spares 21,9 KB (28 % reduktion).
- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/06/dia-dos-namorados-2018-dietas-610x343.jpg> kan der spares 6,8 KB (23 % reduktion).
- Ved at komprimere [https://external-mia3-1.xx.fbcdn.net/safe\\_image.php?d=AQAbQDRpZnyhkcbN&w=284&h=149&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&upscale=1&fallback=news\\_d\\_placeholder\\_publisher&\\_nc\\_hash=AQBsZIsb9k1VnJX4](https://external-mia3-1.xx.fbcdn.net/safe_image.php?d=AQAbQDRpZnyhkcbN&w=284&h=149&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&upscale=1&fallback=news_d_placeholder_publisher&_nc_hash=AQBsZIsb9k1VnJX4) kan der spares 298 B (15 % reduktion).
- Ved at komprimere <https://static.xx.fbcdn.net/rsrc.php/v3/yN/r/WgFKRx0VFOG.png> kan der spares 279 B (22 % reduktion).
- Ved at komprimere <https://static.xx.fbcdn.net/rsrc.php/v3/yI/r/THq7eyfQLlo.png> kan der spares 181 B (20 % reduktion).
- Ved at komprimere <https://static.xx.fbcdn.net/rsrc.php/v3/yH/r/yNvz5xtKREW.png> kan der spares 109 B (20 % reduktion).

## Overvej at løse følgende:

### Aktiver komprimering

Komprimering af ressourcer med gzip eller deflate kan reducere antallet af bytes, der sendes over netværket.

[Aktivér komprimering](#) for følgende ressourcer for at reducere deres overførselstørrelse med 339 B (51 % reduktion).

- Ved at komprimere <https://buttons-config.sharethis.com/js/5b0ed5bf43a707001159fe15.js> kan der spares 339 B (51 % reduktion).

### Reducer CSS

## Mobil

Komprimering af CSS-kode kan spare mange databytes og give en hurtigere download- og parsingtid.

[Komprimer CSS](#) for følgende ressourcer for at reducere størrelsen med 1 KB (18 % reduktion).

- Ved at komprimere <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/style.css?ver=4.9.6> kan der spares 1 KB (18 % reduktion) efter komprimering.

## Reducer JavaScript

Komprimering af JavaScript-kode kan spare mange databytes og give en hurtigere download-, parsing- og gennemførelsetid.

[Komprimer JavaScript](#) for følgende ressourcer for at reducere størrelsen med 787 B (16 % reduktion).

- Ved at komprimere <https://dietasedicas.com.br/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.2> kan der spares 672 B (17 % reduktion) efter komprimering.
- Ved at komprimere <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4> kan der spares 115 B (12 % reduktion) efter komprimering.



3 regler overholdes

## Undgå omdirigeringer af landingssider

Din side har ingen omdirigeringer. Få flere oplysninger om at [undgå omdirigeringer af destinationssiden](#).


## Reducer HTML

HTML er komprimeret. Få flere oplysninger om [komprimering af HTML](#).

## Prioriter synligt indhold

Indholdet over skillelinjen er prioriteret korrekt. Få flere oplysninger om [prioritering af synligt indhold](#).

## 99 / 100 Brugeroplevelse

 Overvej at løse følgende:

### Giv trykbare elementer den rigtige størrelse

Nogle af de links/knapper, der er på din webside, er muligvis for små til, at brugeren kan trykke på dem på en touchskærm. Du kan [gøre disse trykbare elementer større](#) for at forbedre brugeroplevelsen.

Følgende trykbare elementer er tæt på andre trykbare elementer, og det kan være nødvendigt at skabe mere plads mellem dem.

- Det trykbare element `<a href="https://polici.../partner-sites" class="cc-link">Leia Mais...</a>` er for tæt på 1 andre trykbare elementer final.
- Det trykbare element `<a id="abgl" href="https://www.go...bVBBm6--w-Fzsw" class="abgl">AnúnciosGoogle</a>` er for tæt på 1 andre trykbare elementer.
- Det trykbare element `<a href="https://dietas...ntacao-cabelo/" class="tag-cloud-link...ink-position-4">alimentação cabelo</a>` og 4 andre elementer er for tæt på andre trykbare elementer.

 4 regler overholdes

### Undgå plugins

Din side ser ikke ud til at bruge plugins, som ville kunne forhindrer brugen af indhold på mange platforme. Få flere oplysninger om betydningen af at [undgå plugins](#).

# Mobil

## Konfigurer visningen

Din side angiver en visning, der passer til enhedens størrelse, hvilket gør det muligt at vise den korrekt på alle enheder. Få flere oplysninger om [konfiguration af visninger](#).

## Tilpas indholdets størrelse til billedet

Indholdet på din side passer til visningen. Få flere oplysninger om [tilpasning af indhold til visningen](#).

## Brug egnede skriftstørrelser

Teksten på din side er læselig. Få flere oplysninger om [brugen af læselige skriftstørrelser](#).

# Computer



72 / 100 Hastighed

! Du bør løse:

## Udnyt cachelagring i browser

Fastsættelse af en udløbsdato eller en maksimal alder i HTTP-overskrifter til statiske ressourcer instruerer browseren i at indlæse tidligere indlæste ressourcer fra den lokale disk i stedet for over netværket.



## Computer

[Udnyt cachelagring i browseren](#) for følgende ressourcer, der kan cachelagres:

- [https://c.sharethis.mgr.consensu.org/v1.0/cmp/get\\_consent](https://c.sharethis.mgr.consensu.org/v1.0/cmp/get_consent) (udløbsdato er ikke specificeret)
- <https://buttons-config.sharethis.com/js/5b0ed5bf43a707001159fe15.js> (60 sekunder)
- [https://connect.facebook.net/pt\\_BR/sdk.js](https://connect.facebook.net/pt_BR/sdk.js) (20 minutter)
- <https://pagead2.googlesyndication.com/pagead/js/adsbygoogle.js> (60 minutter)
- <https://platform-api.sharethis.com/js/sharethis.js> (60 minutter)
- <https://www.google-analytics.com/analytics.js> (2 timer)
- <https://dietasedicas.com.br/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.0.2> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.2> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/q2w3-fixed-widget/js/q2w3-fixed-widget.min.js?ver=5.1.4> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/sharethis-share-buttons/css/mu-style.css?ver=4.9.6> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce-smallscreen.css?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/frontend/add-to-cart.min.js?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/frontend/cart-fragments.min.js?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/frontend/woocommerce.min.js?ver=3.4.0> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/jquery-blockui/jquery.blockUI.min.js?ver=2.70> (4 timer)
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4> (4 timer)
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/includes/font-awesome.min.css> (4 timer)
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/js/scripts.js?ver=4.9.6> (4 timer)

## Computer

timer)

- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/style.css?ver=4.9.6> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/05/Alimentos-Que-Fazem-o-Cabelo-Crescer-Mais-R%C3%A1pido-s%C3%A3o-variados-e-muito-eficazes-no-processo-de-crescimento-do-Cabelo.-610x343.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/05/Dieta-Dukan-2018-600x402.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/05/alimentos-crescer-cabelo-600x450.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/05/alopecia-610x343.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/05/dieta-4-dias-600x450.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/06/dia-dos-namorados-2018-dietas-610x343.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/06/dieta-dos-namorados-2018-600x343.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-content/uploads/2018/06/polifen%C3%B3is-polifen%C3%B3is-pdpolifen%C3%B3is-frutas-polifen%C3%B3is-antioxidantes-610x343.jpg> (4 timer)
- <https://dietasedicas.com.br/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1> (4 timer)
- <https://dietasedicas.com.br/wp-includes/js/jquery/jquery.js?ver=1.12.4> (4 timer)
- <https://dietasedicas.com.br/wp-includes/js/wp-embed.min.js?ver=4.9.6> (4 timer)
- <https://dietasedicas.com.br/wp-includes/js/wp-emoji-release.min.js?ver=4.9.6> (4 timer)
- [https://external-mia3-1.xx.fbcdn.net/safe\\_image.php?d=AQAxHJPoyM7v01yb&w=228&h=119&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&upscale=1&fallback=news\\_d\\_placeholder\\_publisher&\\_nc\\_hash=AQBtM8hztWr7q4k](https://external-mia3-1.xx.fbcdn.net/safe_image.php?d=AQAxHJPoyM7v01yb&w=228&h=119&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&upscale=1&fallback=news_d_placeholder_publisher&_nc_hash=AQBtM8hztWr7q4k) (4 timer)
- [https://external-mia3-1.xx.fbcdn.net/safe\\_image.php?d=AQBE6Pzl1nKOMiDW&w=600&h=600&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&\\_nc\\_hash=AQAHGMAyXTT4OLXs](https://external-mia3-1.xx.fbcdn.net/safe_image.php?d=AQBE6Pzl1nKOMiDW&w=600&h=600&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&_nc_hash=AQAHGMAyXTT4OLXs) (4 timer)
- [https://external-mia3-1.xx.fbcdn.net/safe\\_image.php?d=AQD8WJb9gxjGvueO&w=228&h=119&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fuploads%2F2018%2F05%2Ff1olo.png&cfs=1&upscale=1&fallback=news\\_d\\_placeholder\\_publisher&\\_nc\\_hash=AQBMTBs-rEweKgYL](https://external-mia3-1.xx.fbcdn.net/safe_image.php?d=AQD8WJb9gxjGvueO&w=228&h=119&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fuploads%2F2018%2F05%2Ff1olo.png&cfs=1&upscale=1&fallback=news_d_placeholder_publisher&_nc_hash=AQBMTBs-rEweKgYL) (4 timer)

# Computer

## Fjern gengivelsesblokerende JavaScript og CSS fra indholdet over skillelinjen

Din side har 5 blokerende script-ressourcer og 8 blokerende CSS-ressourcer. Dette forsinker gengivelsen af din side.

Indholdet over skillelinjen på siden kunne ikke gengives uden at vente på, at de efterfølgende ressourcer blev indlæst. Prøv at udskyde eller indlæse blokerende ressourcer asynkront eller at indlejre de kritiske dele af disse ressourcer direkte i HTML-sektionen.

### [Fjern gengivelsesblokerende JavaScript:](#)

- <https://dietasedicas.com.br/wp-includes/js/jquery/jquery.js?ver=1.12.4>
- <https://dietasedicas.com.br/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <https://platform-api.sharethis.com/js/sharethis.js>
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/js/scripts.js?ver=4.9.6>
- <https://cdnjs.cloudflare.com/ajax/libs/cookieconsent2/3.0.3/cookieconsent.min.js>

### [Optimer CSS-levering](#) af følgende:

- <https://dietasedicas.com.br/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.0.2>
- <https://dietasedicas.com.br/wp-content/plugins/sharethis-share-buttons/css/mu-style.css?ver=4.9.6>
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce-layout.css?ver=3.4.0>
- <https://dietasedicas.com.br/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=3.4.0>
- <https://fonts.googleapis.com/css?family=Open+Sans:300,400,400italic,600,700>
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/includes/font-awesome.min.css>
- <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/style.css?ver=4.9.6>
- <https://cdnjs.cloudflare.com/ajax/libs/cookieconsent2/3.0.3/cookieconsent.min.css>



Overvej at løse følgende:

## Aktiver komprimering

Komprimering af ressourcer med gzip eller deflate kan reducere antallet af bytes, der sendes over netværket.

[Aktivér komprimering](#) for følgende ressourcer for at reducere deres overførselstørrelse med 339 B (51 % reduktion).

- Ved at komprimere <https://buttons-config.sharethis.com/js/5b0ed5bf43a707001159fe15.js> kan der spares 339 B (51 % reduktion).

## Reducer CSS

Komprimering af CSS-kode kan spare mange databytes og give en hurtigere download- og parsingtid.

[Komprimer CSS](#) for følgende ressourcer for at reducere størrelsen med 1 KB (18 % reduktion).

- Ved at komprimere <https://dietasedicas.com.br/wp-content/themes/mh-cicero-lite/style.css?ver=4.9.6> kan der spares 1 KB (18 % reduktion) efter komprimering.

## Reducer JavaScript

Komprimering af JavaScript-kode kan spare mange databytes og give en hurtigere download-, parsing- og gennemførelstid.

[Komprimer JavaScript](#) for følgende ressourcer for at reducere størrelsen med 787 B (16 % reduktion).

- Ved at komprimere <https://dietasedicas.com.br/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.0.2> kan der spares 672 B (17 % reduktion) efter komprimering.
- Ved at komprimere <https://dietasedicas.com.br/wp->

content/plugins/woocommerce/assets/js/js-cookie/js.cookie.min.js?ver=2.1.4 kan der spares 115 B (12 % reduktion) efter komprimering.

## Optimer billeder

Korrekt formatering og komprimering af billeder kan spare mange databytes.

[Optimer følgende billeder](#) for at reducere deres størrelse med 72,5 KB (25 % reduktion).

- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/06/polifen%C3%B3ispolifen%C3%B3is-pdfpolifen%C3%B3is-frutaspolifen%C3%B3is-antioxidantes-610x343.jpg> kan der spares 21,9 KB (28 % reduktion).
- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/05/dieta-4-dias-600x450.jpg> kan der spares 18 KB (41 % reduktion).
- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/05/Alimentos-Que-Fazem-o-Cabelo-Crescer-Mais-R%C3%A1pido-s%C3%A3o-variados-e-muito-eficazes-no-processo-de-crescimento-do-Cabelo.-610x343.jpg> kan der spares 10,7 KB (24 % reduktion).
- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/05/alimentos-crescer-cabelo-600x450.jpg> kan der spares 8,7 KB (15 % reduktion).
- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/06/dia-dos-namorados-2018-dietas-610x343.jpg> kan der spares 6,8 KB (23 % reduktion).
- Ved at komprimere <https://dietasedicas.com.br/wp-content/uploads/2018/05/Dieta-Dukan-2018-600x402.jpg> kan der spares 5,7 KB (15 % reduktion).
- Ved at komprimere <https://static.xx.fbcdn.net/rsrc.php/v3/yN/r/WgFKRx0VFOG.png> kan der spares 279 B (22 % reduktion).
- Ved at komprimere [https://external-mia3-1.xx.fbcdn.net/safe\\_image.php?d=AQAxHJPoyM7v01yb&w=228&h=119&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&upscale=1&fallback=news\\_d\\_placeholder\\_publisher&\\_nc\\_hash=AQBtM8hztiWr7q4k](https://external-mia3-1.xx.fbcdn.net/safe_image.php?d=AQAxHJPoyM7v01yb&w=228&h=119&url=https%3A%2F%2Fdietasedicas.com.br%2Fwp-content%2Fplugins%2Fall-in-one-seo-pack-pro%2Fimages%2Fdefault-user-image.png&cfs=1&upscale=1&fallback=news_d_placeholder_publisher&_nc_hash=AQBtM8hztiWr7q4k) kan der spares 221 B (14 % reduktion).
- Ved at komprimere <https://static.xx.fbcdn.net/rsrc.php/v3/yI/r/THq7eyfQLlo.png> kan der spares 181 B (20 % reduktion).
- Ved at komprimere <https://static.xx.fbcdn.net/rsrc.php/v3/yH/r/yNvz5xtKREW.png> kan der spares 109 B (20 % reduktion).

# Computer



3 regler overholdes

## Undgå omdirigeringer af landingssider

Din side har ingen omdirigeringer. Få flere oplysninger om at [undgå omdirigeringer af destinationssiden](#).

## Reducer HTML

HTML er komprimeret. Få flere oplysninger om [komprimering af HTML](#).

## Prioriter synligt indhold

Indholdet over skillelinjen er prioriteret korrekt. Få flere oplysninger om [prioritering af synligt indhold](#).