



## Performance Report for: <http://www.gourmandasia.com/>

Report generated: Sun, Dec 10, 2023 1:02 AM +0100 (via API)  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0  
 Analysis options: Adblock Plus

<b>B</b>	Performance <b>88%</b>	Structure <b>85%</b>	L. Contentful Paint <b>814ms</b>	T. Blocking Time <b>13ms</b>	C. Layout Shift <b>0.16</b>
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### Top Issues

IMPACT	AUDIT	
Med	Don't lazy load Largest Contentful Paint image	LCP was lazy loaded
Med	Use explicit width and height on image elements	2 images found
Med	Serve static assets with an efficient cache policy	Potential savings of 444KB
Low	Avoid large layout shifts	5 elements found
Low	Allow back/forward cache restoration	1 failure reason

### Page Details



Total Page Size - 1.08MB



Total Page Requests - 83



HTML JS CSS IMG Video Font Other

### How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

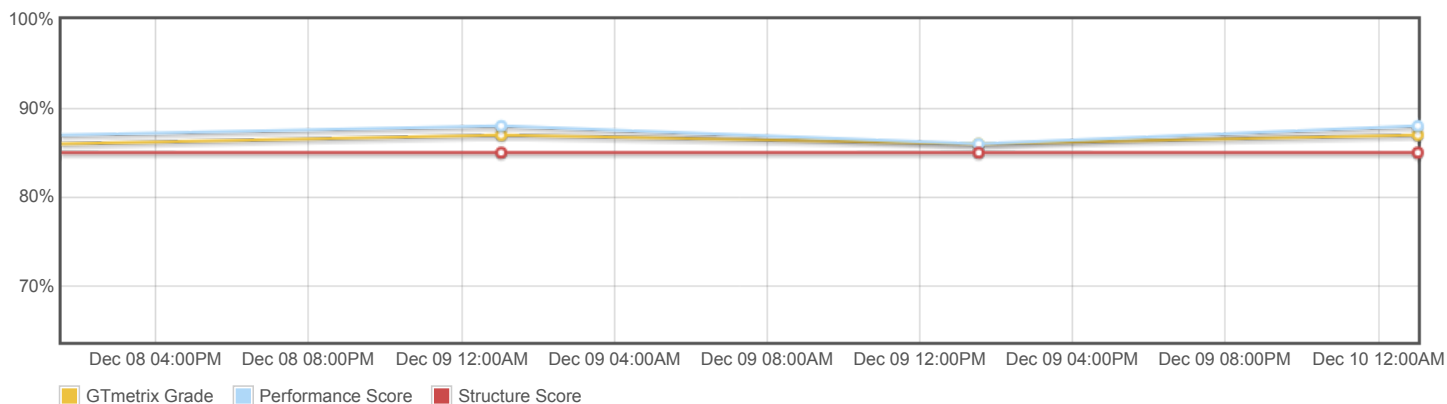
### About GTmetrix

**CARBON60**  
THE MANAGED CLOUD COMPANY

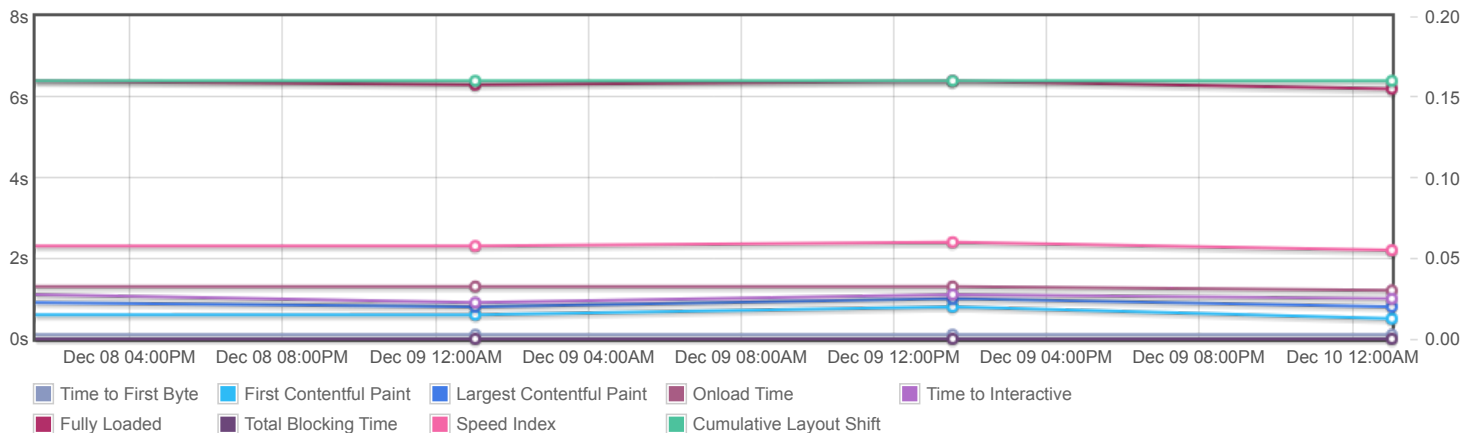
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

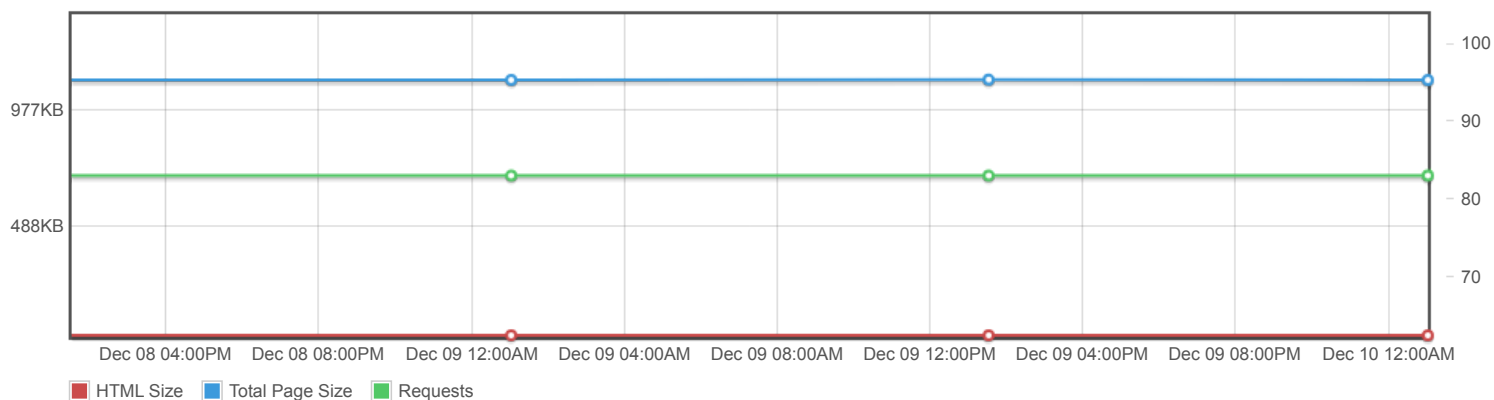
## Page scores



## Page metrics



## Page sizes and request counts

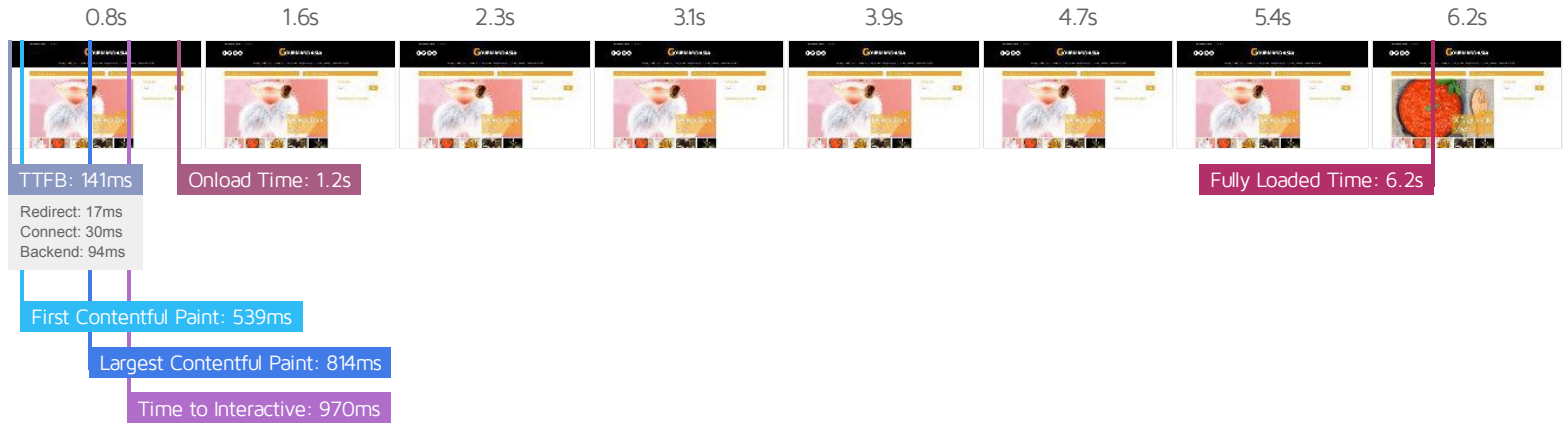


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

#### Gourmand Asia: Food & Recipes - Be a Chef and Enjoy Cooking

/	307	gourmandasia.com	0	0ms			
/	200	gourmandasia.com	27.4KB	137ms			
videojs.ads.css?ver=6.2.2	(blocked)	gourmandasia.com	0	116ms			
video-js.css?ver=6.2.2	200	gourmandasia.com	3.15KB	65ms			
colors.css?refresh=10280...	200	gourmandasia.com	36.1KB	71ms			
jquery-ui.css?ver=6.2.2	200	gourmandasia.com	6.17KB	65ms			
style.min.css?ver=6.2.2	200	gourmandasia.com	12.8KB	67ms			
classic-themes.min.css?v...	200	gourmandasia.com	489B	66ms			
wp-emoji-release.min.js?...	200	gourmandasia.com	5.24KB	191ms			
print.css?ver=10280	200	gourmandasia.com	1.23KB	219ms			
jquery.min.js?ver=3.6.4	200	gourmandasia.com	31.8KB	52ms			
jquery-migrate.min.js?ver...	200	gourmandasia.com	5.26KB	53ms			
libs_loader.js?ver=10280	200	gourmandasia.com	661B	59ms			
main-logo.png?v=10	200	gourmandasia.com	7.46KB	220ms			
main-logo.jpg?v=6	200	gourmandasia.com	6.33KB	213ms			
loading.gif	200	gourmandasia.com	2.92KB	216ms			
logo_footer.png	200	gourmandasia.com	3.10KB	199ms			
ados.js	(blocked)	gourmandasia.com	0	93ms			
api.js?onload=wp_recapt...	200	google.com	1.16KB	211ms			
lazyload-v2.min.js?ver=2...	200	gourmandasia.com	2.41KB	134ms			
jquery.masonry.js?ver=6.2.2	200	gourmandasia.com	5.26KB	154ms			
jquery.browser.js?ver=6.2.2	200	gourmandasia.com	1.45KB	177ms			
common-utils.js?ver=10280	200	gourmandasia.com	7.77KB	182ms			
common-utils-video-play...	200	gourmandasia.com	1.97KB	183ms			
show_videojs.js?ver=10280	200	gourmandasia.com	3.75KB	173ms			
show_video.js?ver=10280	200	gourmandasia.com	3.46KB	165ms			
show_dai_video.js?ver=1...	200	gourmandasia.com	2.86KB	181ms			
mobile_first_play.js?ver=...	200	gourmandasia.com	827B	178ms			
playlist.js?ver=10280	200	gourmandasia.com	938B	179ms			
play_selected_video.js?v...	200	gourmandasia.com	1.53KB	185ms			
play_on_click.js?ver=10280	200	gourmandasia.com	1.01KB	186ms			
play_carousel_video.js?v...	200	gourmandasia.com	1.32KB	185ms			
common-utils-video-play...	200	gourmandasia.com	792B	181ms			
common-utils-jw-player.js...	200	gourmandasia.com	2.66KB	180ms			
common-utils-jw6-player.j...	200	gourmandasia.com	2.03KB	182ms			
adways_player.js?ver=10...	200	gourmandasia.com	691B	183ms			
common-utils-brightcove...	200	gourmandasia.com	898B	180ms			
common-utils-caroussel.j...	200	gourmandasia.com	1.13KB	152ms			
common-utils-playhomev...	200	gourmandasia.com	1.11KB	181ms			
common-utils-most-popul...	200	gourmandasia.com	1.27KB	185ms			
main.js?ver=10280	200	gourmandasia.com	2.81KB	180ms			
share.min.js?ver=10280	200	gourmandasia.com	6.08KB	184ms			
all.js?ver=10280	200	api.dmcnd.net	10.7KB	190ms			
cookies.js?ver=6.2.2	200	gourmandasia.com	1.74KB	183ms			
jquery-ui.js?ver=6.2.2	200	gourmandasia.com	114KB	202ms			
rw_datawall_ni.js?ver=10...	200	gourmandasia.com	1.03KB	183ms			
rw-desktop.js?ver=10280	200	gourmandasia.com	1.32KB	193ms			
bootstrap.min.js?ver=10280	200	gourmandasia.com	8.24KB	183ms			
bootstrap.masonry.min.js...	200	gourmandasia.com	8.21KB	183ms			
base.js?ver=10280	200	gourmandasia.com	5.88KB	183ms			
footer.js?ver=10280	200	gourmandasia.com	727B	183ms			
common-utils-top-intro-g...	200	gourmandasia.com	639B	184ms			
rw_share_social.js?ver=1...	200	gourmandasia.com	2.32KB	191ms			

word-and-character-coun...	200	gourmandasia.com	3.10KB	<div></div>	192ms			
jquery.form.min.js?ver=4...	200	gourmandasia.com	6.30KB	<div></div>	192ms			
ninja-forms-display.min.js...	200	gourmandasia.com	5.85KB	<div></div>	192ms			
lato-bold.woff	200	gourmandasia.com	36.7KB	<div></div>	175ms			
lato-regular.woff	200	gourmandasia.com	37.3KB	<div></div>	171ms			
pt_sans-narrow-web-regu...	200	gourmandasia.com	111KB	<div></div>	166ms			
glyphicons-halflings-regu...	200	gourmandasia.com	23.0KB	<div></div>	169ms			
gemini.js	200	s.yimg.com	14.8KB	<div></div>	67ms			
index_widget.php?page=...	(canceled)	weeloy.com	665B	<div></div>		673ms		
social-links-large-share.p...	200	gourmandasia.com	3.62KB	<div></div>	68ms			
icon-title.png	200	gourmandasia.com	2.66KB	<div></div>	67ms			
Make-a-lychee-elixir-of-lo...	200	sf2.gourmandasia.com	32.6KB	<div></div>	38ms			
Make-a-lychee-elixir-of-lo...	200	sf2.gourmandasia.com	2.87KB	<div></div>	38ms			
Homemade-tomato-sauce...	200	sf1.gourmandasia.com	5.46KB	<div></div>	42ms			
legumes-orientale-142x78...	200	sf1.gourmandasia.com	6.19KB	<div></div>	39ms			
Chef-Cheryl-Koh-in-actio...	200	sf1.gourmandasia.com	5.31KB	<div></div>	39ms			
Perrier-Jouet-Belle-Epoq...	200	sf1.gourmandasia.com	2.93KB	<div></div>	46ms			
placeholder_global.webp	200	gourmandasia.com	507B	<div></div>	47ms			
recaptcha__en.js	200	gstatic.com	200KB	<div></div>	70ms			
g-d-min.js	200	s.yimg.com	69.5KB	<div></div>	23ms			
ssi?ui=syndication&cc=S...	200	n.gemini.yahoo.com	149B	<div></div>	139ms			
social-links.png?v=8	200	gourmandasia.com	17.3KB	<div></div>	43ms			
shares.jpg?v=2	200	gourmandasia.com	10.0KB	<div></div>	42ms			
ssi?ui=syndication&cc=S...	200	n.gemini.yahoo.com	149B	<div></div>	29ms			
shutterstock_134912465-...	200	sf2.gourmandasia.com	19.7KB	<div></div>	24ms			
mayo-365x200.jpg	200	sf2.gourmandasia.com	17.4KB	<div></div>	22ms			
salade-foie-gras-142x78.jpg	200	sf2.gourmandasia.com	5.97KB	<div></div>	22ms			
favicon.png	200	gourmandasia.com	3.56KB	<div></div>	47ms			
favicon32.png	200	gourmandasia.com	1.93KB	<div></div>	47ms			
Homemade-tomato-sauce...	200	sf1.gourmandasia.com	99KB	<div></div>				25ms
83 Requests 1.08MB (2.53MB Uncompressed) 6.2s (Onload 1.2s)								



## Performance Metrics

<b>First Contentful Paint</b> How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.	Good - Nothing to do here <b>539ms</b>	<b>Time to Interactive</b> How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	Good - Nothing to do here <b>969ms</b>
<b>Speed Index</b> How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	Longer than recommended <b>2.2s</b>	<b>Total Blocking Time</b> How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	Good - Nothing to do here <b>13ms</b>
<b>Largest Contentful Paint</b> How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.	Good - Nothing to do here <b>814ms</b>	<b>Cumulative Layout Shift</b> How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.	More than recommended <b>0.16</b>

## Browser Timings

Redirect	17ms	Connect	30ms	Backend	94ms
TTFB	141ms	First Paint	539ms	DOM Int.	963ms
DOM Loaded	970ms	Onload	1.2s	Fully Loaded	6.2s

IMPACT	AUDIT	
Med	<b>Don't lazy load Largest Contentful Paint image</b> <span>LCP</span>	LCP was lazy loaded
Med	<b>Use explicit width and height on image elements</b> <span>CLS</span>	2 images found
Med	<b>Serve static assets with an efficient cache policy</b>	Potential savings of 444KB
Low	<b>Avoid large layout shifts</b> <span>CLS</span>	5 elements found
Low	<b>Allow back/forward cache restoration</b>	1 failure reason
Low	<b>Avoid an excessive DOM size</b> <span>TBT</span>	851 elements
Low	<b>Use a Content Delivery Network (CDN)</b>	2 resources found
Low	<b>Eliminate render-blocking resources</b> <span>FCP</span> <span>LCP</span>	Potential savings of 53ms
Low	<b>Ensure text remains visible during webfont load</b> <span>FCP</span> <span>LCP</span>	4 fonts found
Low	<b>Avoid enormous network payloads</b> <span>LCP</span>	Total size was 1.08MB
Low	<b>Avoid multiple page redirects</b> <span>FCP</span> <span>LCP</span>	Potential savings of 17ms
Low	<b>Avoid long main-thread tasks</b> <span>TBT</span>	3 long tasks found
Low	<b>Reduce JavaScript execution time</b> <span>TBT</span>	162ms spent executing JavaScript
Low	<b>Reduce unused CSS</b> <span>FCP</span> <span>LCP</span>	Potential savings of 44.0KB
Low	<b>Serve images in next-gen formats</b>	Potential savings of 87.6KB
Low	<b>Defer offscreen images</b>	Potential savings of 11.0KB
Low	<b>Avoid non-composited animations</b> <span>CLS</span>	2 animated elements found
Low	<b>Minify JavaScript</b> <span>FCP</span> <span>LCP</span>	Potential savings of 57.8KB
Low	<b>Avoid chaining critical requests</b> <span>FCP</span> <span>LCP</span>	50 chains found
Low	<b>Reduce unused JavaScript</b> <span>LCP</span>	Potential savings of 302KB
N/A	<b>Largest Contentful Paint element</b> <span>LCP</span>	810 ms
N/A	<b>Reduce initial server response time</b> <span>FCP</span> <span>LCP</span>	Root document took 93ms
N/A	<b>Avoid serving legacy JavaScript to modern browsers</b> <span>TBT</span>	Potential savings of 17.9KB

N/A	<b>Minimize main-thread work</b> TBT	Main-thread busy for 1.1s
N/A	<b>Reduce the impact of third-party code</b> TBT	Total size was 300KB
N/A	<b>User Timing marks and measures</b>	