You're absolutely right — the list of Excel "Save as" formats can be confusing, especially for data analytics. Here's a clear guide to help you choose the **right format based on your purpose**, followed by a short explanation of **each type**.

V	/	Recommended	Formats for	Data Analy	ytics

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Purpose	Recommended Format	File Extension			
For use in Pandas/Python	CSV (Comma delimited)	.CSV			
For use in Excel only	Excel Workbook	.xlsx			
For maximum compatibility	Excel 97-2003 Workbook	.xls			
For web upload or sharing	CSV UTF-8 (Comma delimited)	.CSV			

Explanation of Key Formats

Excel Formats

Format	Description
Excel Workbook (.xlsx)	Default modern Excel format. Fully supported by Pandas via read_excel(). Recommended if your data has multiple sheets or formatting.
Excel 97-2003 Workbook (.xls)	Older Excel format. Use if you need backward compatibility with very old Excel versions.
Excel Macro-Enabled Workbook (.xlsm)	Like .xlsx, but supports macros. Only use if you're working with Excel macros (VBA).
Excel Binary Workbook (.xlsb)	Stores data in binary form, opens faster with large files but not supported by Pandas.

CSV & Text Formats (Best for Coding)

Format	Description	
CSV (Comma delimited) (.csv)	Universal text-based format. Best for Pandas and data analysis.	
CSV UTF-8 (Comma delimited)	Same as CSV, but handles international characters (ä, ç, ü). Safest for global data.	

Format	Description	
Text (Tab delimited) (.txt)	Similar to CSV but uses tabs instead of commas. Pandas can read it with sep='\t'.	
Formatted Text (Space delimited)	Space between columns. Rarely used in data analytics.	
Unicode Text (.txt)	Handles non-English characters. Pandas can read it but less common.	

XML / Web / Other

Format	Description
XML Data	Data in XML markup structure. Used for web or data exchange, not common for beginners.
Single File Web Page (.mht) / Web Page (.html)	Used to save Excel files as web-readable formats. Not for analytics.
PDF / XPS	For read-only reports or printing, not usable by Pandas.
DIF / SYLK	Old data interchange formats, rarely used now.
OpenDocument Spreadsheet (.ods)	Used by LibreOffice. Pandas can read it with read_excel(), but .xlsx is preferred.

Recommended for You

Since you're learning Data Analytics with Python, use:

- Option 1 CSV (Comma delimited)
 - File extension: .csv
 - Read in Pandas: pd.read_csv('file.csv')
 - Easy, fast, and works everywhere.
- Option 2 Excel Workbook (.xlsx)
 - File extension: .xlsx
 - Read in Pandas: pd.read_excel('file.xlsx')
 - Use if you want to work with formatted sheets or multiple tabs.