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## Iterating Through Dictionaries with For Loops

### Iterating Through Dictionaries with `for` Loops

When you iterate through a dictionary using a `for` loop, doing it the normal way, like

`for n in some_dict`, will only give you access to the **keys** in the dictionary - which is what you'd want in some situations. In other cases, you'd want to iterate through both the **keys** and **values** in the dictionary. Let's see how this is done in an example. Consider this dictionary that uses names of actors as keys and their characters as values.

```
cast = {  
    "Jerry Seinfeld": "Jerry Seinfeld",  
    "Julia Louis-Dreyfus": "Elaine Benes",  
    "Jason Alexander": "George Costanza",  
    "Michael Richards": "Cosmo Kramer"  
}
```

Iterating through it in the usual way with a `for` loop would give you just the keys, as shown below:

```
for key in cast:  
    print(key)
```

This outputs:

```
Jerry Seinfeld  
Julia Louis-Dreyfus  
Jason Alexander  
Michael Richards
```

If you wish to iterate through both keys and values, you can use the built-in method `items` like this:

```
for key, value in cast.items():  
    print("Actor: {} Role: {}".format(key, value))
```

This outputs:

```
Actor: Jerry Seinfeld Role: Jerry Seinfeld  
Actor: Julia Louis-Dreyfus Role: Elaine Benes  
Actor: Jason Alexander Role: George Costanza  
Actor: Michael Richards Role: Cosmo Kramer
```

`items` is an awesome method that returns tuples of key, value pairs, which you can use to iterate over dictionaries in `for` loops.

### Try It Out!

You can run and experiment with the code in the workspace on the Coding Space page! Look for the **Iterating Through Dictionary** section (see image below).

#### Iterating Through Dictionaries

Run and experiment with this example in the code cell below!

```
In [ ]: cast = {  
    "Jerry Seinfeld": "Jerry Seinfeld",  
    "Julia Louis-Dreyfus": "Elaine Benes",  
    "Jason Alexander": "George Costanza",  
    "Michael Richards": "Cosmo Kramer"  
}  
  
print("Iterating through keys:")  
for key in cast:  
    print(key)  
  
print("\nIterating through keys and values:")  
for key, value in cast.items():  
    print("Actor: {} Role: {}".format(key, value))
```

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