break vs continue: Loop Control

break: Exit Loop Immediately

```python
prices = [150, 165, 148, 175, 162]

for price in prices:
    if price < 150:
        print(f"Stop! Low: ${price}")
        break  # Exit loop
    print(f"OK: ${price}")

# Output:
# OK: $150
# OK: $165
# Stop! Low: $148
# (loop ends, 175 and 162 not processed)
```

continue: Skip to Next Iteration

```python
prices = [150, 165, 148, 175, 162]

for price in prices:
    if price < 150:
        print(f"Skip: ${price}")
        continue  # Skip rest
    print(f"Process: ${price}")

# Output:
# Process: $150
# Process: $165
# Skip: $148
# Process: $175
# Process: $162
```

Key Differences

break	Exits loop completely	*Use when condition met*
continue	Skips current iteration	*Use to filter items*
break	No more iterations	*Loop terminates*
continue	Continues with next	*Loop continues*