**FOR IN**

var res={

"name":"jhon doe",

"age":"23",

"year":"2000"

};

for (var i in res) {

console.log(i,res[i]);

}

**FOR OF**

var p = {

"name":"jhon doe",

"age":"23",

"year":"2000"

};

for (var i of Object.keys(p)) {

console.log(i + " " + p[i])

}