

# Sending JSON Data

This lesson gives a brief overview of sending JSON data to the server.

When the information expected by the web server is more structured (with complex types, nested fields, etc), it's often a better choice to send it as JSON data. For example, check out how to send a JavaScript array as JSON data to a web server.

## JavaScript

```
1 // Create an array containing the cars
2 const cars = [
3   {
4     model: "Peugeot",
5     color: "blue",
6     registration: 2012,
7     checkups: [2015, 2017]
8   },
9   {
10    model: "Citroën",
11    color: "white",
12    registration: 1999,
13    checkups: [2003, 2005, 2007]
14  }
15 ];
16
17 // Send this array as JSON data
18 fetch("https://thejsway-server.com/api/cars", {
19   method: "POST",
20   headers: {
21     "Accept": "application/json",
22     "Content-Type": "application/json"
23   },
24   body: JSON.stringify(cars)
25 })
26 .then(response => response.text())
27 .then(result => {
28   console.log(result);
29 })
30 .catch(err => {
31   console.error(err.message);
32 })
```



The second parameter of the `fetch()` call sets `POST` as the HTTP method to

use, updates the request headers to indicate that the data format is JSON, and adds the JSON representation of the JavaScript array into the body of the request.