**What is REST API?**

A **RESTful API**, also known as**REST API**, is based on**Representational State Transfer (REST)**, which is an architectural style and communication approach commonly used in the development of Web Services.

In general, REST technology is preferred over other similar technologies. This is because REST consumes**Less Bandwidth**, making it more suitable for efficient Internet usage. RESTful APIs can also be designed using programming languages like JavaScript or Python.

While REST can be used over nearly any protocol, it is most commonly used for **Web APIs over** **HTTP protocol**. This means that developers do not need to install any additional libraries or software to take advantage of a REST API design.

REST has the ability to handle multiple types of **Calls, Return Different Data Formats, and Even Change Structurally** with the proper implementation of hypermedia as data is not tied to methods and resources. By leveraging the freedom and flexibility inherent in the REST API design, you can create an API that meets your needs while also meeting the needs of a wide range of customers.