



# Python - Loop Tuples

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## Loop Through a Tuple

You can loop through the tuple items by using a **for** loop.

### Example

Iterate through the items and print the values:

```
thistuple = ("apple", "banana", "cherry")
for x in thistuple:
    print(x)
```

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Learn more about **for** loops in our [Python For Loops](#) Chapter.

## Loop Through the Index Numbers

You can also loop through the tuple items by referring to their index number.

Use the **range()** and **len()** functions to create a suitable iterable.

## Example

Print all items by referring to their index number:

```
thistuple = ("apple", "banana", "cherry")
for i in range(len(thistuple)):
    print(thistuple[i])
```

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## Using a While Loop

You can loop through the list items by using a **while** loop.

Use the **len()** function to determine the length of the tuple, then start at 0 and loop your way through the tuple items by referring to their indexes.

Remember to increase the index by 1 after each iteration.

## Example

Print all items, using a **while** loop to go through all the index numbers:

```
thistuple = ("apple", "banana", "cherry")
i = 0
while i < len(thistuple):
    print(thistuple[i])
    i = i + 1
```

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Learn more about **while** loops in our [Python While Loops](#) Chapter.

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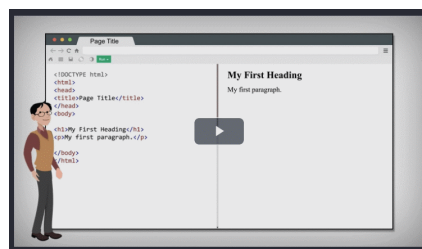
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