



# Python - Loop Lists

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## Loop Through a List

You can loop through the list items by using a **for** loop:

### Example

Print all items in the list, one by one:

```
thislist = ["apple", "banana", "cherry"]  
for x in thislist:  
    print(x)
```

[Try it Yourself »](#)

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

## Loop Through the Index Numbers

You can also loop through the list 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:

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

Try it Yourself »

The iterable created in the example above is `[0, 1, 2]`.

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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 list, then start at 0 and loop your way through the list 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

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

Try it Yourself »

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

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# Looping Using List Comprehension

List Comprehension offers the shortest syntax for looping through lists:

## Example

A short hand **for** loop that will print all items in a list:

```
thislist = ["apple", "banana", "cherry"]  
[print(x) for x in thislist]
```

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Learn more about list comprehension in the next chapter: [List Comprehension](#).

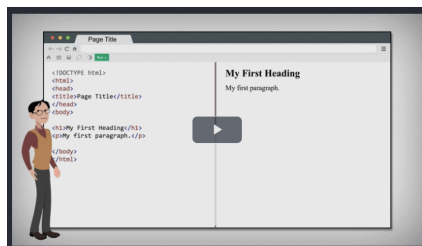
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