For loops

A for loop is used for iterating over a sequence (that is either a list, a tuple, a dictionary, a set, or a string).

This is less like the for keyword in other programming languages, and works more like an iterator method as found in other object-orientated programming languages.

With the for loop we can execute a set of statements, once for each item in a list, tuple, set etc.

```python
fruits = ["apple", "banana"]
for x in fruits:
    print(x)
```

```
apple
banana
```

The for loop does not require an indexing variable to set beforehand.

Looping Through a String

Even strings are iterable objects, they contain a sequence of characters:

```python
for x in "banana":
    print(x)
```

```
----------------------

    b
    a
    n
    a
    n
    a
```

The break Statement

With the break statement we can stop the loop before it has looped through all the items:

```python
fruits = ["apple", "banana", "cherry"]
for x in fruits:
    print(x)
    if x == "banana":
        break
```

```
---------------------------------------|
apple
banana
```