## JSON, a Data Format for the Web

This lesson gives an introduction to JavaScript Object Notation widely known as JSON.

The "X" letter in AJAX stands for XML, a generic markup language that used to be the standard for cross-platform data exchanges. While still in use, XML is quite verbose and tends to be replaced by JSON as the standard data format on the web.

JSON, or JavaScript Object Notation, is a textual syntax for describing structured information. As you'll see in the following example, JSON borrows heavily from the JavaScript object syntax.

A JSON document is a set of name/value pairs. Name are always within double quotes "". Values can be numbers, strings, booleans, arrays or objects.

Many programming languages have native support for the JSON format... Including JavaScript, of course!