Major considerations

1. Readability
2. Space and Time Complexities

Trade-off :

* Space Time Trade-off e.g.:-smaller code vs. loop unrolling
* Readability vs. Performance e.g.:-complex iterations may perform better; but hard to read

For: Disadvantages

* It increases execution time exponentially with each level of nesting.ie increases complexity of algorithm
* Generally-'Flat is better than nested',
* Beyond 3 levels -nesting hard to read, high cyclomatic complexity
* Context is hard to read during deep nesting
* Loop overhead for iterations and comparisons(extra operations and variables required)

For: Advantages

* LOC /Size low
* Direct and easy to code
* Chance for parallelization and reuse/combination of parts of algorithm
* Loop for previously unknown number of items/iterations.
* Useful for iterations requiring ordered execution
* Include all looping conditions, controls in one line

For: Alternatives

1. Unrolling loops
2. Efficient looping
3. Optimize algorithm/approach

* Using sequence of repeating instructions to reduce loop overhead
* Pre-calculating values that won't change during iteration
* Use sets/dictionaries if possible
* Use iteration tools/built-in functions(lambda, filter, map instead of looping)
* Use faster implementation techniques like numpy /cyhton if possible(in case of python)
* Use list comprehension, generator expressions(python)
* Refactor into separate functions
* Break loop and continue in separate loop with help of shared auxiliary index variable
* Use recursion ,loop tiling, loop splitting etc.
* Use continue ,break depending on context