const data = {

name: "John",

age: 30,

colors: ["red", "green", "blue"],

address: {

city: "New York",

zip: "10001"

}

};

**for loop :**

for (let i = 0; i < data.colors.length; i++) {

console.log(data.colors[i]);

}

**for in loop:**

for (let key in data) {

if (data.hasOwnProperty(key)) {

console.log(key, data[key]);

}

}

**for off loop :**

for (let color of data.colors) {

console.log(color);

}

**for each loop :**

data.colors.forEach(color => {

console.log(color);

});