<https://codeburst.io/javascript-map-vs-foreach-f38111822c0f>

**JavaScript — Map vs. ForEach**

**forEach()** — executes a provided function once for each array element.

**map()** — creates a new array with the results of calling a provided function on every element in the calling array.

**For Each**

let arr = [1, 2, 3, 4, 5];

arr.forEach((num, index) => {

return arr[index] = num \* 2;

});

// arr = [2, 4, 6, 8, 10]

**Map:**

let doubled = arr.map(num => {

return num \* 2;

});

// doubled = [2, 4, 6, 8, 10]

The **Array.from()** static method creates a new, shallow-copied Array instance from an array-like or iterable object.

console.log(Array.from('foo'));

//Array ["f", "o", "o"]