

Shade Alternate Rows in Excel

To shade alternate rows in Excel, use conditional formatting or apply a table style. Coloring every other row makes it easier to read your data.

◆ Use Conditional Formatting

First, let's use conditional formatting to shade/highlight every other row in Excel.

1. For example, select the range A1:D15 below.

	A	B	C	D	E
1	Last Name	Sales	Country	Quarter	
2	Smith	\$16,753.00	UK	Qtr 3	
3	Johnson	\$14,808.00	USA	Qtr 4	
4	Williams	\$10,644.00	UK	Qtr 2	
5	Jones	\$1,390.00	USA	Qtr 3	
6	Brown	\$4,865.00	USA	Qtr 4	
7	Williams	\$12,438.00	UK	Qtr 1	
8	Johnson	\$9,339.00	UK	Qtr 2	
9	Smith	\$18,919.00	USA	Qtr 3	
10	Jones	\$9,213.00	USA	Qtr 4	
11	Jones	\$7,433.00	UK	Qtr 1	
12	Brown	\$3,255.00	USA	Qtr 2	
13	Williams	\$14,867.00	USA	Qtr 3	
14	Williams	\$19,302.00	UK	Qtr 4	
15	Smith	\$9,698.00	USA	Qtr 1	
16					

Note: to apply the shading to the entire worksheet, select all cells on a worksheet by clicking the Select All button (see orange arrow).

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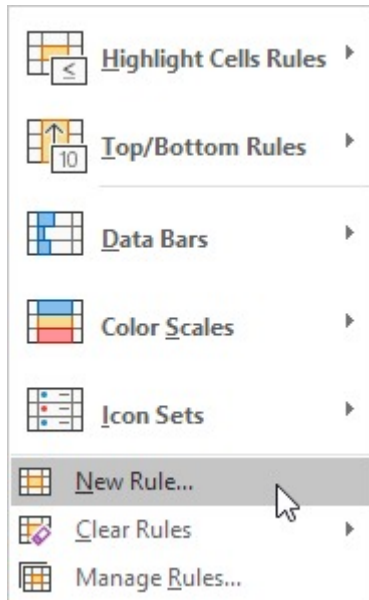
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2. On the Home tab, in the Styles group, click Conditional Formatting.



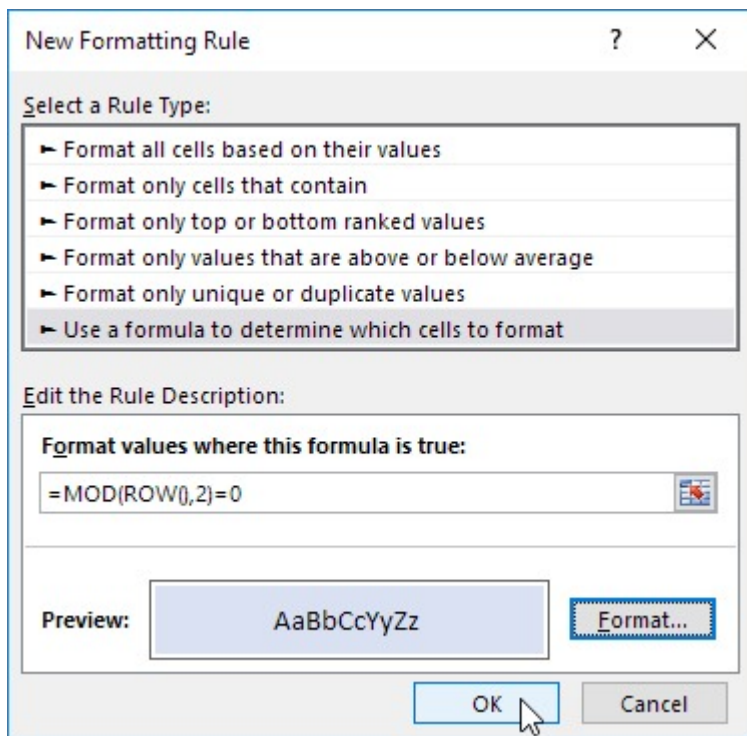
3. Click New Rule.



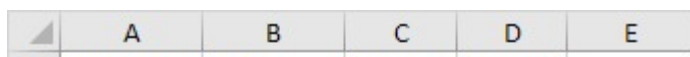
4. Select 'Use a formula to determine which cells to format'.

5. Enter the formula =MOD(ROW(),2)=0

6. Select a formatting style and click OK.



Result:



1	Last Name	Sales	Country	Quarter	
2	Smith	\$16,753.00	UK	Qtr 3	
3	Johnson	\$14,808.00	USA	Qtr 4	
4	Williams	\$10,644.00	UK	Qtr 2	
5	Jones	\$1,390.00	USA	Qtr 3	
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15	Smith	\$9,698.00	USA	Qtr 1	
16					

Explanation: the [MOD function](#) gives the remainder of a division. The [ROW function](#) returns the row number of a cell. For example, for the seventh row, $\text{MOD}(7,2) = 1$ because 7 divided by 2 equals 3 with a remainder of 1. For the eighth row, $\text{MOD}(8,2) = 0$ because 8 divided by 2 equals 4 with a remainder of 0. As a result, all cells in even rows return 0 and will be shaded.

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◆ Apply a Table Style

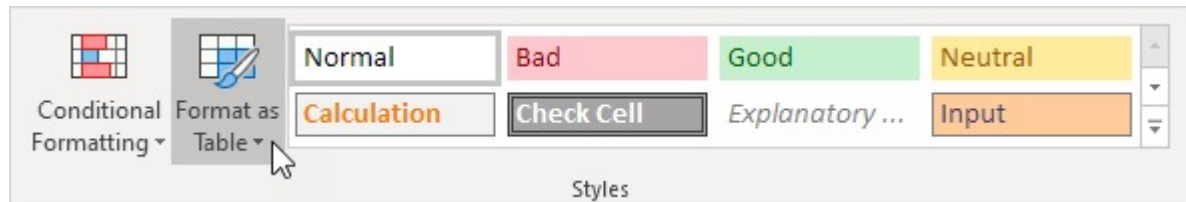
If you're not a formula hero, apply a table style to quickly color alternate rows in Excel.

1. Select any cell within a range.

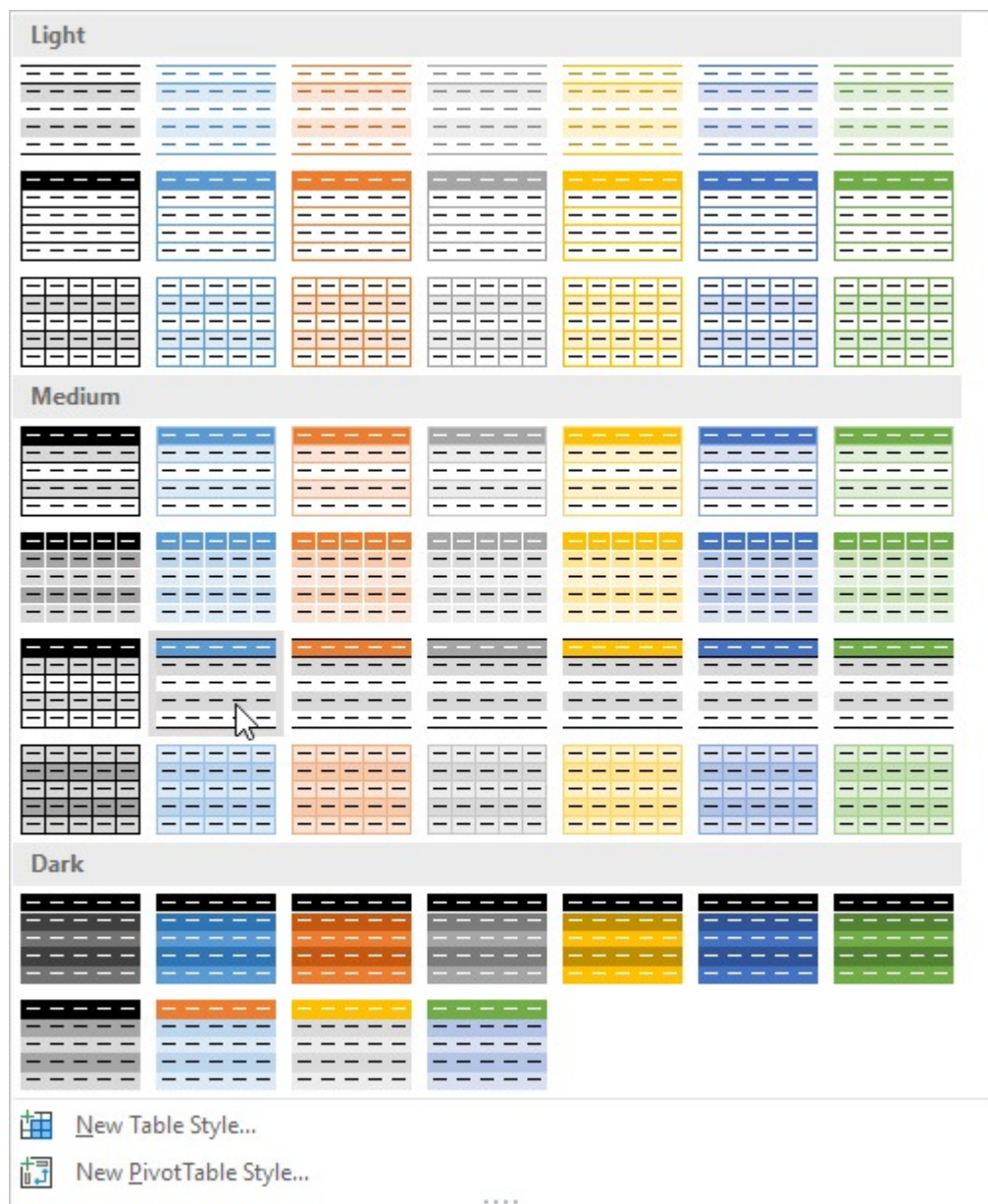
	A	B	C	D	E
1	Last Name	Sales	Country	Quarter	
2	Smith	\$16,753.00	UK	Qtr 3	
3	Johnson	\$14,808.00	USA	Qtr 4	
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14	Williams	\$19,302.00	UK	Qtr 4	
15	Smith	\$9,698.00	USA	Qtr 1	
16					

2. On the Home tab, in the Styles group, click Format as Table.



3. Choose a table style with alternate row shading.



4. Click OK.

Result:

To change the color shading from rows to columns, execute the following steps.

5. First, select a cell inside the table. Next, on the Table Design tab, in the Table Styles Options group, uncheck Banded Rows and check Banded Columns.

Result:

Note: use the filter arrows to sort and filter this table. Visit our chapter about [tables](#) to learn more about this topic.

To convert this table into a normal range of cells (with banded rows or banded columns), execute the following steps.

6. First, select a cell inside the table. Next, on the Table Design tab, in the Tools group, click Convert to Range.

Result:

Tip: use Excel VBA to [highlight the row and column of the Active Cell](#) (selected cell). This program will amaze and impress your boss.

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