

Lesson

Wednesday

# Introduction to Programming

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Text

Cheat sheet

## When to Use **for** Loops

- **When we need to break out of the loop.** For instance, we might want to break out of a loop when we verify that an array contains a result. Instead of looping through the rest of the array, we can use the `break`; or `return` keyword to end the loop.
- **When we're not looping through an array.**  
`Array.prototype.forEach()` only works with arrays. When we are using other data types, `for` loops can be more convenient.

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