If you are using Windows NASM and g++ output types:

- ELF64 (Executable and Linking Format): This is the standard file format for executables, object files, and shared libraries in Unix-like operating systems. It is also supported by Windows.
- PE (Portable Executable): This is the standard file format for executables, object files, and shared libraries in Windows.
- COFF (Common Object File Format): This is an older file format that is still supported by Windows.

The file output type that you use will depend on the specific needs of your project. If you are planning to distribute your executable file to other people, you should use the ELF64 file format. If you are only going to run your executable file on your own computer, you can use the PE or COFF file format.

To specify the file output type, you can use the `-f` option when compiling your assembly language file. For example, the following command will compile the assembly language file helloworld.asm into an ELF64 object file:

```
nasm -f elf64 -o helloworld.o helloworld.asm
```

Once you have created the object file, you can then use the linker to create an executable file. The following command will do this:

```
g++ -o helloworld helloworld.o
```

The `-o helloworld` option tells the linker to create an executable file called `helloworld`.

I hope this helps! Let me know if you have any other questions.