JSON stands for Javascript object notation and is a lightweight data interchange format that replaced XML in the early 2000s.

Its extremely easy to read/write and is lightweight.

It is simply a fomat to transfer data from client to server.

JSON can contain Objects, arrays, Booleans, strings, numbers and null.

{

“name”:”Silas”,

“favoriteNumber”:10,

“isProgrammer”:true

“hobbies”:[“Weight Lifting”,”Bowling”],

“friends”:null,

“car”:{

“manufacturer”:”Ford”,

“make”:”Mustang”

}

}