An implementation of **Iterable** is one that **provides an Iterator of itself**:

public interface Iterable<T>

{

Iterator<T> iterator();

}

An **Iterator** is a simple way of allowing some to **loop through a collection** of data, **without assignment privileges** (though with the ability to remove).

public interface Iterator<E>

{

boolean hasNext();

E next();

void remove();

}

Iterator can traverse in the forward direction only.

While a **ListIterator** can be used to **traverse** List-type Objects in **either direction**.