Iterators (Loops)

- Don’t use iterators. Prefer JavaScript’s higher-order functions instead of loops like `for-in` or `for-of`.
    - Use `map()` / `every()` / `filter()` / `find()` / `findIndex()` / `reduce()` / `some()` / ... to iterate over arrays, and `Object.keys()` / `Object.values()` / `Object.entries()` to produce arrays so you can iterate over objects.

```
const numbers = [1, 2, 3, 4, 5];

// bad
let sum = 0;
for (let num of numbers) {
  sum += num;
}
sum === 15;

// good
let sum = 0;
numbers.forEach((num) => {
  sum += num;
});
sum === 15;

// best (use the functional force)
const sum = numbers.reduce((total, num) => total + num, 0);
sum === 15;

// bad
const increasedByOne = [];
for (let i = 0; i < numbers.length; i++) {
  increasedByOne.push(numbers[i] + 1);
}

// good
const increasedByOne = [];
numbers.forEach((num) => {
  increasedByOne.push(num + 1);
});


// best (keeping it functional)
const increasedByOne = numbers.map((num) => num + 1);
```

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