

```

JOIN Products ON Products.CategoryID = Categories.CategoryID

-- note that we need to use DISTINCT to remove duplicates

-- so why not always use the JOIN version?

-- well, notice we don't really need to get any
-- fields from the Products table
-- it's only there to figure out which categories to show

-- consider a case where there are
-- and 20 billion products
    
```

column CategoryID(int, null)

	CategoryName
1	Beverages
2	Confections
3	Dairy Products
4	Grains/Cereals
5	Meat/Poultry