# A Beginner’s Guide to Video Formats in Microsoft PowerPoint



## Selecting Video Formats for PowerPoint Decks (Windows or Mac)

Applies to Windows

In order to insert video in PowerPoint, you’ll need a basic understanding of video formats. For Windows users, newer available formats like MP4 can provide great quality but can’t be used if you’re running Windows 7 or an earlier version of Windows.

If you are having trouble playing videos, you may need to install the video and/or audio codec files.

### Video formats for PowerPoint 2013 and 2016 (Windows 8 or 10)

If you are running Windows 8 or 10, you can insert MP4 videos in PowerPoint 2013 and 2016.

You can insert videos in the following formats:

* ASF (Windows media file)
* AVI (Windows video files – some require additional codecs)
* MPG (movie file)
* MPEG (movie file)
* SWF (Adobe Flash media file)
* WMV (Windows media video file)
* MOV (MP4 video file)
* M4V (MP4 video file)
* MP4

For those with Windows 8 or 10, you will get the best playback experience if you use MP4 videos encoded with H.264 video and AAC audio and embed in PowerPoint 2013 or 2016. However, if you need to play your presentation on other computers and you don’t know the operating system, the recommended video format for embedding in PowerPoint 2013 or 2016 is MPEG-1. In this case, you may want to create two copies of your presentation – one with the MP4 video and the other with MPEG-1 as a backup.

### Video formats in PowerPoint 2013 and 2016 (Windows 7, Vista or XP)

Windows 7, Vista and XP only support the following video formats:

* ASF (Windows media file)
* WMV (Windows media video file)
* AVI (Windows video files – some require additional codecs)
* MPEG (movie file)

If you use Windows 7, Vista or XP, the best video playback experience is to use WMV or MPEG videos. WMV is the authentic Windows Media format and MPEG is standard for video and audio compression and can be played back on any computer system.

### Video formats for PowerPoint 2010 (Windows)

In PowerPoint 2010, you can insert the following video file formats:

* ASF (Windows media file)
* AVI (Windows video files – some require additional codecs)
* MPG (movie file)
* MPEG (movie file)
* SWF (Adobe Flash media file)
* WMV (Windows media video file)
* MP4 (with QuickTime installed)

The best video format to embed in PowerPoint 2010 is WMV or MPEG.

If you want to play MP4 videos in PowerPoint 2010, you will need Windows 8 or 10 and you will also need to install QuickTime. Depending on your computer’s hardware, the results may not be ideal.

### Video formats for PowerPoint 2011, 2014 and 2016 (Mac)

On a Mac, regardless of the operating system, MP4 is the native and best playback format.

In PowerPoint 2011, 2014 and 2016 on the Mac, you can insert the following video file formats:

* AVI (Windows video files)
* WMV (Windows media video file with [Flip4Mac](http://www.telestream.net/flip4mac/) installed)
* MPG (movie file)
* MPEG (movie file)
* SWF (Adobe Flash media file)
* MOV (MP4 video file)
* MP4

If you need to play your presentation on a Mac or Windows computer, the best format is MPEG.