Adding lists into a document

This is a Numbered List:

1. Berries
   1. Strawberries
   2. Blueberries
   3. Raspberries
2. Banana
3. Apple
   1. Red
   2. Green
   3. Yellow

This is a Bulleted List:

* Canada
  + Toronto
  + Montreal
* Brazil
* USA
  + New York
    - Brooklyn
    - Manhattan
  + Los Angeles
  + Miami
* France
  + Paris