What is your favorite color? (There is too much space after these choices.)
(A)

(B)

(C)

(D)


A ruledhboxs show the extra space is in the itemize, but not in the item contents.
(A)


(C)

(D)


Putting a ruledhbox around the first item shows that each item has extra space that is not part of the item contents. (The ruledhbox also messes with the horizontal alignment, but I don't care about that.)
(A)

(C)

(D)


The extra space is not present without columns.
(A)

(B)

(C)

(D)


My favorite color is:


